



Arizona Department of Education  
John Huppenthal, Superintendent of Public Instruction

# Creditable Food Guide



Child and Adult Care Food Program  
Health and Nutrition Services

# **Creditable Food Guide**

Child and Adult Care Food Program

Arizona Department of Education  
Revised January 2014

Adapted from the USDA Crediting Handbook for the  
Child and Adult Care Food Program

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# INTRODUCTION

The goal of the Child and Adult Care Food Program (CACFP) is to improve and maintain the health and nutritional status of children and adults in care while promoting the development of good eating habits.

This manual has been designed to provide information on creditable and non-creditable foods in childcare centers/preschools, Head Start centers, outside school hour's centers, family day care homes, at-risk centers, emergency shelters and adult day care centers. Creditable foods are those that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following guidelines:

- Nutrient content;
- Customary function in a meal;
- Regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition);
- Food and Drug Administration (FDA) Standards of Identity;
- U.S. Department of Agriculture (USDA) Standard for Meat and Meat Products; and
- Administrative policy decisions on the crediting of particular foods.

Non-creditable foods are those that do not meet the above criteria. Non-creditable foods may be served as an “*extra*” food, but cannot be counted toward the meal pattern. USDA reimburses child and adult day care centers and family day care homes participating in the CACFP for the meals and snacks it serves. A meal or snack is reimbursable if it contains components in the amounts required in the CACFP Meal Pattern Food Chart on pages 4-8.

**The lists of creditable and non-creditable foods in this publication are not all inclusive. The publication includes commonly served foods about which our office has received inquiries on and foods noted as being credited incorrectly. Refer to the USDA website (<http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program>) or contact your specialist if you have questions regarding foods not included in this guide.**

# DEFINITIONS

1. **Alternate Protein Products (APP)** – Protein products from plant sources, which may be used, in some cases, to substitute, in part, for meat, poultry, of seafood.
2. **Arizona Department of Education (ADE)** — Agency that administers the Child and Adult Care Food Program in Arizona.
3. **Child and Adult Care Food Program (CACFP)** — The Child and Adult Care Food Program (CACFP) is a USDA program which provides reimbursement to child care centers/preschools, family day care homes, Head Start centers, outside school hours centers, at-risk centers, emergency shelters and adult day care centers so that nutritious meals can be provided to participants.
4. **Child Nutrition Labeling** — A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the U.S. Department of Agriculture (USDA). The CN label allows manufacturers to state a product's contribution to the Child and Adult Care Food Program meal pattern requirements on their label. CN labeled products are not usually found in grocery stores, but are found at larger food retailers where food products are purchased in bulk. (See page 71) Commercially prepared products must be CN labeled or must have the appropriate product analysis documentation on file.
5. **Child Nutrition Programs (CNP)** — Federally funded programs administered through the U.S. Department of Agriculture. These programs include: Child and Adult Care Food Program, National School Lunch and Breakfast programs, Summer Food Service Program, Special Milk Program, Nutrition Education Training and the Food Distribution Program.
6. **Combination Foods** — Any single serving of food that contains two or more of the required meal components.
7. **Component** — A food grouped in a certain category according to the CACFP Meal Pattern (i.e., Milk Component, Meat/Meat Alternate Component, Fruit/Vegetable Component and the Grains/Breads Component).
8. **Creditable Foods** — Foods that meet regulations governing the Child and Adult Care Food Program (CACFP) in terms of nutrient content, meal pattern quantity and food component requirements, and standards of identity and foods that may be counted toward meeting the requirements for a reimbursable meal.
9. **Entree or Main Dish** — The main course of a meal that contains a meat and/or meat alternate.
10. **Food and Nutrition Service (FNS)** — The division of the United States Department of Agriculture (USDA), which at the federal level is responsible for administering the

Child and Adult Care Food Program. The FNS develops regulations, policies, and publications and provides supervision necessary to states to administer the CACFP.

11. **Infant Cereal** — Iron-fortified infant cereal is cereal specially formulated for and generally recognized as cereal for infants. It is routinely mixed with formula or milk before served to infants.
12. **Infant Formula** — Iron-fortified infant formula, intended for dietary use as a source of food for normal, healthy infants. It is served in a liquid state at the manufacturer's recommended dilution.
13. **Non-creditable Foods** — Foods that do not meet regulations governing the CACFP in terms of nutrient content, meal pattern quantity and food component requirements, and/or standards of identity. Such foods may not be counted toward meeting the requirements for a reimbursable meal.
14. **Product Analysis Sheet** — Information obtained from a food manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. (See page 72) Commercially prepared products must be CN labeled or must have the appropriate product analysis sheet on file in order to be served in a meal claimed for reimbursement.
15. **Reimbursement** — Federal financial assistance paid to institutions for authorized meals served to children in care which meet USDA meal pattern requirements.
16. **Serving Size or Portion Size** — The weight, measure or number of pieces or slices of food needed to serve one person. The serving size specified in the Meal Pattern Food Chart can be credited toward meeting the meal pattern requirements.
17. **Simplified Buying Guide** — Resource published by ADE and used by CACFP sponsors to determine the amount of food to purchase for the Child and Adult Care Food Program.
18. **Sponsoring Organization (SO)** — The organization that is responsible for the administration of the food program in day care homes, child care centers, adult care centers, after school programs, and emergency shelters.
19. **Standard of Identity** — Government standard for content, preparation and labeling of a food. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).
20. **United States Department of Agriculture (USDA)** — Federal agency responsible for the administration of the Child Nutrition Programs.
21. **Vegetable Protein Products (VPP)** — Food components that may be used, in some cases, to substitute, in part, for meat, poultry, or seafood.

# Meat/Meat Alternate Component



Meat and meat alternates are an important source of protein, iron, B vitamins (thiamin, riboflavin, niacin) and other nutrients. Meat includes **lean** meat such as beef, pork, lamb, veal, turkey, chicken and fish. Meat alternates include cheese, peanut butter, eggs, yogurt, cooked dry beans or peas, nuts and seeds and their butters. A serving of cooked meat is defined as **lean meat** without bone.

Meats cannot contain extenders or binders such as dried milk, starchy vegetable flour, calcium-reduced skim milk or cereal. Meats containing allowable amounts of fortified alternate protein products are creditable. Lunch and supper **must** contain a meat or meat alternate; it is **optional** for breakfast and snack.

Lunch and Supper Requirement				
Meat/Meat Alternates	Ages 1-2	Ages 3-5	Ages 6-12	Adults**
Lean Meat, Poultry or Fish	1 oz.	1 ½ oz.	2 oz.	2 oz.
Cheese	1 oz.	1 ½ oz.	2 oz.	2 oz.
Egg	½ egg	¾ egg	1 egg	1 egg
Cooked Dry Beans or Peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut Butter, Soy Nut Butter, or other Nut and Seed Butters*	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Nuts and/or Seeds	½ oz.	¾ oz.	1 oz.	1 oz.
Yogurt	4 oz. (or ½ cup)	6 oz. (or ¾ cup)	8 oz. (or 1 cup)	8 oz. (or 1 cup)
*No more than 50 percent of the requirement shall be met with nut, seeds or nut butters. These must be combined with another meat/meat alternate to fulfill the requirement.				

Snack Requirement		
Ages 1-6	6-12	Adults**
½ oz.	1 oz.	1 oz.

\*\*Meal Pattern for adults participating in the CACFP in an adult day care center.  
(Nuts, seeds and nut butters fulfill the entire component requirement for snack.)



# Creditable Meat/Meat Alternates

Please read the comments section next to the food item. A food item may only be creditable if it meets a certain requirement.

Foods	Comments
Alternate Protein Product (APP)	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Bacon - Canadian	<b>High in salt.</b>
Bacon - Turkey	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Beans - Canned or Dry	$\frac{1}{4}$ cup of cooked dry beans equals 1 oz. meat/meat alternate.
Beans - Refried	
Beef	
Bologna	Must have a <b>CN label</b> or be free of byproducts, cereals, and extenders.
Braunschweiger	Must have a <b>CN label</b> or be free of byproducts, cereals, and extenders.
Cheese	
Cheese - Cottage or Ricotta	2 ounces equals 1 oz. meat/meat alternate.
Cheese - Food, Spread or Substitutes	2 ounces equals 1 oz. meat/meat alternate.
Cheese - Parmesan or Romano	$\frac{3}{8}$ cup equals 1 oz. meat/meat alternate.  <b>Note:</b> When used as a garnish, seasoning or in a breading, these should not be counted toward the meat/meat alternate requirement.
Cheese - Pimento	2 ounces equals 1 oz. meat/meat alternate.
Chicken	
Chicken – Nuggets and Patties	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat.</b>
Chili – Commercial (canned)	Only the beans in this product are creditable. For the meat to be creditable, the product must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Chili – Homemade	Keep a <b>recipe</b> on file.
Corn Dogs and Corn Dog Nuggets	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat. High in salt.</b>
Cured Pork Products	<b>High in fat. High in salt.</b>
Egg Custard	Only creditable when served at snack.
Eggs - Deviled	Only the whole egg portion is creditable. The added ingredients (i.e. relish, mayonnaise, etc.) cannot contribute to the meal pattern requirements.
Eggs - Fresh, Frozen, Dried or Liquid	Only whole eggs are creditable.
Fish - Commercial	

Fish - Sticks or Nuggets	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat.</b>
Gizzards	
Hot Dogs (Frankfurters)	Must have a <b>CN label</b> or be free of byproducts, cereals, and extenders. <b>High in fat. High in salt. See Page 14</b>
Hummus - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Hummus - Homemade	Keep a <b>recipe</b> on file.
Kidney	
Lamb	
Liver	
Liverwurst	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat. High in salt.</b>
Luncheon Meat (chicken, turkey, beef, pork)	<b>High in fat. High in salt.</b>
Macaroni and Cheese - Homemade	The cheese can count toward the meat/meat alternate requirement.
Meat Sauce - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Meat Sauce - Homemade	Keep a <b>recipe</b> on file.
Meat Sticks (summer sausage)	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat.</b>
Nuts	A 1 oz. serving of nuts equals 1 oz. meat/meat alternate.  <b>Note:</b> Nuts only count toward $\frac{1}{2}$ of the meat/meat alternate requirement at lunch or supper.
Oxtails	
Peanut Butter (and other nut/seed butters)	2 tablespoons equals 1 oz. meat/meat alternate.  <b>Note:</b> It is suggested that nut/seed butters be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children.
Peas or Lentils - Dry	$\frac{1}{4}$ cup of cooked dry beans equals 1 oz. meat/meat alternate.
Pepperoni	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat. High in salt.</b>
Pizza - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Pizza - Homemade	Keep a <b>recipe</b> on file.
Polish Sausage	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Pork	
Pot Pies - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Pot Pies - Homemade	The meat in homemade pot pies is creditable if there is

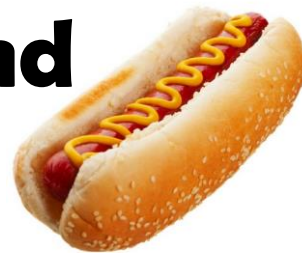
	sufficient meat/meat alternate per serving. Keep a <b>recipe</b> on file.
Poultry	
Quiche	
Ravioli - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Salami	Must have a <b>CN label</b> or a <b>Product Formulation Statement</b> signed by an official of the manufacturer. <b>High in fat. High in salt.</b>
Sausage	Items labeled “fresh pork sausage” or “fresh Italian sausage” are creditable. Other sausage products must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Seeds	1 oz. of seeds equals 1 oz. meat/meat alternate.
Shellfish	Shellfish must be fully cooked
Soups - Commercial Bean or Pea	$\frac{1}{2}$ cup of soup equals 1 oz. meat/meat alternate. Beans may credit as a vegetable or meat alternate but not both in the same meal.
Soups - Homemade With Meat or Meat Alternate	Only creditable toward meat/meat alternate component if there is at least $\frac{1}{4}$ oz. meat/meat alternate per serving. Keep a <b>recipe</b> on file.
Soy - Burgers	Must meet criteria for alternate protein products.
Soy - Nut Butter	2 tablespoons equals 1 oz. meat/meat alternate.
Soy Nuts	1 oz. of soy nuts equals 1 oz. meat/meat alternate.  <b>Note:</b> Nuts only count toward $\frac{1}{2}$ of the meat/meat alternate requirement at lunch or supper.
Spare Ribs	<b>High in fat.</b>
Tahini (Sesame Seed Butter)	Can be credited as a seed or nut butter. 2 tablespoons equals 1 oz. meat/meat alternate.
Tripe	Low quality protein.
Veal	
Vienna Sausage	Only creditable when free of byproducts, cereals, and extenders. <b>High in fat. High in salt.</b>
Yogurt - Commercial Plain, Unflavored, Flavored or Sweetened	4 oz. of yogurt equals 1 oz. of meat/meat alternate.
Yogurt in a Tube	2.2 oz. tube of yogurt equals $\frac{1}{2}$ oz. meat/ meat alternate. This product may be purchased frozen but may not be served frozen.

## Non-Creditable Meat/Meat Alternates

Food	Comments
Acorns	Low protein content.
Bacon (Includes Imitation)	Low protein content. <b>High in fat. High in salt.</b>
Beef Jerky	<b>High in salt.</b>
Canned Pressed Luncheon Meat (Potted/Deviled)	There is no standard of identity for these products, so there is no standard method of crediting. Example: Spam. <b>High in fat. High in salt.</b>
Ceviche	Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations.
Cheese - Imitation or Product	Examples: Velveeta and Kraft American Cheese Slices.
Cheese - Neufchatel	This is a soft un-ripened cheese similar to cream cheese. Low protein content.
Chestnuts	Low protein content.
Chitterlings	Chitterlings are considered a fat and are not creditable toward meal pattern components.
Coconuts	Low protein content.
Crab - Imitation	The processing of imitation crab washes away vitamins and some protein.
Cream Cheese	Cream cheese contains less protein and more fat than creditable cheeses. <b>High fat.</b>
Eggs - Home grown	For safety reasons, home grown eggs are not creditable in the CACFP. The quality cannot be guaranteed because they are not subject to the controls.
Eggs - Liquid Substitutes, Whites and Yolks	Only whole eggs are creditable.
Fish - Home Pickled	
Fish - Noncommercial, Home Caught	
Home Slaughtered Meat	For safety reasons, home slaughtered meat is not creditable in the CACFP. The quality cannot be guaranteed because they are not subject to the controls.
Imitation Frankfurters	
Imitation Seafood	
Nutella	Nutella is not nut butter. It is a spread made from hazelnuts, milk and cocoa.
Nut Spread	Any item labeled as a type of nut "spread" is not creditable towards the meat/meat alternate requirement.
Peanuts in Cracker-Jack type products	Not enough peanuts in product.
Pig's Feet, Neck Bones or Tails (parts)	These products contain small amounts of meat. <b>High in fat.</b>
Potted or Deviled Meats	These products include extenders and binders. <b>High in salt.</b>
Powdered Cheese (in Boxed Macaroni and	Powdered cheese mix is not creditable. The macaroni, if enriched or whole grain may be credited toward the

Cheese	grains/breads requirement.
Queso Blanco - Homemade	
Queso Fresco - Homemade	
Salt Pork	<b>High in fat. High in salt.</b>
Scrapple	Scrapple has insufficient meat content.
Soups - Commercial and Other	Commercial soups typically contain insufficient meat/meat alternate per serving.
Soy Beans, Fresh (Edamame)	Only creditable as a vegetable in CACFP.
Sushi (raw seafood and sashimi)	Raw fish are a potential health hazard for vulnerable populations and are not creditable.
Tempeh	Fermented soybean; USDA has no Standard of Identity for product.
Tofu	Tofu is soy bean curd. USDA has no Standard of Identity for this product and it is not creditable in CACFP
Yogurt - Homemade	There are potential safety concerns with this product.
Yogurt - Liquid	This product does not meet the definition of yogurt.
Yogurt Products - Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts	These are considered “other” foods, which contain insufficient amounts of yogurt.
Wild Game and Fowl	For safety reasons, wild game and fowl meat is not creditable. The quality cannot be guaranteed.

# Hot Dogs, Wieners, and Franks



Although certain hot dogs, wieners and franks are creditable in CACFP, **it is highly recommended** that these meats be limited due to being high in fat and sodium. All Hot Dogs, Franks, and Wieners **must contain no byproducts, cereals, and extenders or be CN labeled**. The following is a list of creditable and non-creditable Hot Dogs, Franks, and Wieners. This list is not all-inclusive or intended to endorse a specific brand.

## Creditable

Ballpark Franks made w/ Beef, Pork and Turkey  
Ballpark Premium Kosher Beef Franks  
Bryan Hot Dogs made w/ Beef, Pork and Turkey  
Bryan Pork and Beef Franks  
Briar Street Lite Skinless Wieners made w/ Pork, Turkey and Beef  
Briar Street Reduced Fat Turkey Hot Dogs  
Cloverdale Beef Franks  
Cloverdale Pork and Beef Franks  
Farmland Beef Hot Dogs  
Farmland Smoked Cheddar Franks  
Farmland Pork and Beef Franks  
Farmland Turkey and Cheddar Hot Dog  
Hoffy Turkey Franks  
Hoffy Chicken Franks  
Hoffy Extra Lean Beef Franks  
Jennie-O' Reduced Sodium Turkey Franks

Jennie-O' Turkey Franks  
John Morrell Superior Gold Pork and Beef Franks  
John Morrell Standard Red Three Meat Franks  
Kahn's Jumbo Franks  
Ohes Hickory Smoked Jumbo Franks  
Ohes Hickory Smoked Wieners  
Oscar Mayer Original Hot Dogs  
Perdue Fully Cooked Turkey Franks  
Pilgrim Pride Turkey Franks  
Smithfield Beef Hot Dog  
Smithfield Red Meat Hot Dog  
Smithfield Red Meat Hot Dog  
Tyson Fully Cooked Pork and Beef Franks  
Tyson Fully Cooked Three-Meat Franks  
Wrangler's Beef Franks

## Non-Creditable

Amour Stars Bun Size Hotdog  
Amour Stars Regular Hotdogs  
Ballpark Fat Free Franks  
Ballpark Lite Franks  
Ballpark Smoked White Turkey Franks  
Bar-S Beef Franks  
Bar-S Jumbo Franks  
Bryan Juicy Fat Free Hot Dogs  
Butterball Lean Franks  
Decker Franks  
Eckrich Jumbo Franks  
Field's Old Fashion Franks  
Farmland Black Angus Jumbo Beef Franks  
Farmland Bun Sized Gourmet Beef Franks  
Farmland Jumbo Deli Style Beef Franks  
FMV Hot Dogs  
Frick's Franks  
Great Value Beef Hot Dogs  
Great Value Pork and Beef Hot Dogs

Gwaltney Great Dogs  
Gwaltney Hot Dogs  
Healthy Choice Low Fat Franks  
Hebrew National Reduced Fat Beef Franks  
Hebrew National Beef Franks  
Hormel's Fat Free Beef Hot Dogs  
Hunter Bun Length Franks  
Hunter Beef Franks  
Hygrade's Hot Dogs  
Kretschmar Gourmet Jumbo Franks  
Kroger Franks and Wieners  
Louis Rich Bun Length Turkey Franks  
Louis Rich Lower Fat Turkey Franks  
Louis Rich Original Franks  
Nathan's Famous Beef Franks  
Oscar Meyer Fat-Free Hot Dogs  
Oscar Meyer Lite Hot Dogs  
Pilgrim Pride Chicken Franks

# Processed & Convenience Foods

Foods such as chicken nuggets, pizza, corn dogs, pepperoni, fish sticks and ravioli are creditable in CACFP; however, these foods **must be CN labeled**. High fat foods should be limited to no more than two servings per week. Below is a list of creditable CN labeled processed/convenience foods. This list is not all-inclusive nor is it intended to endorse a specific brand. It is subject to change with new and different brands.



## Chicken Nuggets

Brakebush Brothers whole grain breaded breast nuggets  
 Perdue fully cooked breaded chicken breast nuggets  
 Pilgrim's pride whole grain chicken breast nuggets  
 Tyson dinosaur shaped chicken nuggets  
 Tyson golden crispy whole grain chunks



## Pizza

The MAX real slice pizza w/ sausage, cheese or reduced fat pepperoni  
 The MAX stuffed crust w/ reduced fat pepperoni  
 Tony's pepperoni pizza and vegetable pizza  
 Tony's French bread pizza w/ cheese and reduced fat pepperoni  
 Red Barron Sicilian style w/ cheese or reduced fat pepperoni



## Corn Dogs

Foster farms lower fat turkey corn dogs  
 Foster farms whole grain lower fat chicken corn dogs  
 Schwan's corn dogs  
 Schwan's mini corn dogs  
 State Fair lite whole grain turkey frank corn dog



## Pepperoni

Armour fat reduced pepperoni made w/ turkey and beef  
 Tyson diced chicken pepperoni  
 Tyson regular sliced chicken pepperoni  
 Hormel Turkey pepperoni  
 Jennie-O diced pepperoni style seasoned turkey



## Fish Sticks

Fishery Products International (FPI) krispy krunchy cod sticks  
 Gorton's super crunchy fish sticks  
 Gorton's fisherman's catch premium fish sticks  
 Icelandic fish krispies cod wedges  
 Trident natural ultimate fish sticks



## Ravioli

Carla's Pasta Inc. pre-cooked jumbo ravioli  
 Chef Boyardee beef ravioli  
 Sevioli Food's large round cheese ravioli  
 Tasty brands jumbo cheese ravioli

# QUESTIONS ABOUT MEAT/MEAT ALTERNATES

1. **Is tofu a creditable meat alternate?**

No, tofu is a soybean curd, which has the general color and shape of cream cheese. Currently, tofu is not a creditable meat alternate in the CACFP. There is no standard of identity for tofu, so the product can vary from one manufacturer to another.

2. **Why are nuts and seeds and nut and seed butters allowed as a meat/meat alternate?**

Peanut butter has always been included as a meat alternate in the Child Nutrition Program. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors and are constantly changing. These changes can affect how foods are used in meals. In the past, nuts have always been considered a snack food. Nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes. **Caution** should be taken to assure that a child is not allergic to nuts or nut butters before serving. Peanut allergies can be very severe. Nuts are not recommended for children under 3 years old because choking may occur.

3. **Are grated Romano and Parmesan cheeses creditable?**

Yes. However, small amounts used as a garnish or seasoning or in breading should not be counted toward meeting the meat/meat alternate requirement of a meal. For Romano and Parmesan cheeses,  $\frac{3}{8}$ -cup serving provides 1 ounce of meat alternate.

4. **How can I use cheese alternates as a meat/meat alternate?**

Cheese alternates are imitation products, which appear, taste and have a nutritional value similar to cheese. However, they may not melt or cook the same as cheese. Following are the basic requirements for using cheese alternates:

- a. They must be combined with natural or processed cheese;
- b. At least half of this combination must be natural or processed cheese;
- c. The combination of "cheese and cheese alternate product" can be used in a cooked food or cold food;
- d. Cheese alternate products cannot be mixed with cheese foods and cheese spreads because they are not 100% cheese; and
- e. Acceptable brands of cheese alternate products will contain the following information on the label: "This product meets USDA-FNS specifications for cheese alternate products."

5. **Are items labeled with the wording "cheese product" creditable?**

No. These items do not meet the requirements for a meat alternate protein source. (ex. Velveeta, Kraft American Cheese Slices)



## QUESTIONS ABOUT MEAT/MEAT ALTERNATES

### 6. Can pizza be credited as a meat/meat alternate?

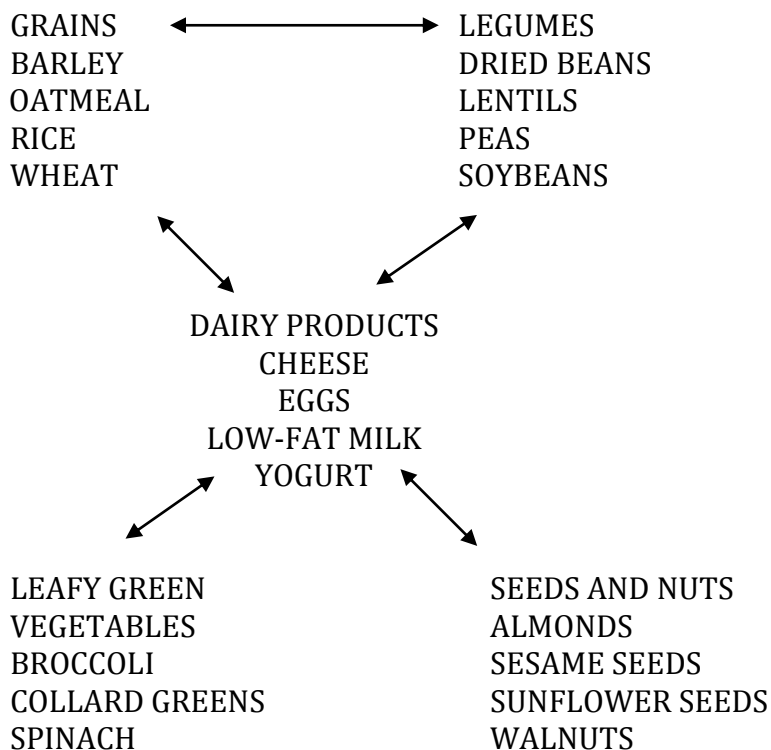
Yes, if it is CN labeled, homemade or if the appropriate product analysis is on file. Pizza may be credited for up to three different components (one meat/ meat alternate, one grains/breads, and one fruit/vegetable), provided that sufficient quantities of each component are used. If homemade, indicate that on the menu.

### 7. Can vegetarian meals be served in the CACFP?

In some cases, vegetarian diets may be accommodated within the CACFP meal pattern. There are many different types of vegetarian diets.

- Vegan (pure vegetarian): does not contain any food of animal origin
- Lacto-vegetarian: contains milk and milk products, but does not contain other animal foods
- Lacto-ovo-vegetarian: contains milk, milk products and eggs, but not meat
- Pesco-vegetarian: contains milk and milk products, eggs, and fish, but not any other animal foods

Care should be taken when planning meals so that the foods served make up a complete protein. The following diagram outlines the food groups that, when eaten together, provide a complete-protein combination.



## QUESTIONS ABOUT MEAT/MEAT ALTERNATES

8. **We have several children that attend our day care that cannot eat certain foods because of religious reasons. How do we claim these children on the food program?**

It is possible to make certain modifications to the meal pattern for religious reasons. For more information on meal pattern modifications for religious reasons, please contact your assigned CACFP Specialist.

9. **How many fish sticks do I need to serve to meet CACFP requirements?**

CACFP serving size refers to cooked edible fish, not the breading. The examples below show how much fish must be served to meet the creditable amount of actual fish:

<u><b>Fish Product</b></u>	<u><b>Portion Size</b></u>	<u><b>Creditable Amount</b></u>
Frozen Fried Breaded Fish Sticks	3 one-ounce sticks	1.5 ounces
Frozen Raw Breaded Fish Sticks	3 one-ounce sticks	1.5 ounces
Frozen Fried Breaded Fish Portions		3 ounces    1.6 ounces
Frozen Raw Breaded Fish Portions	3 ounces	1.7 ounces
Frozen Unbreaded Fish Portions	3 ounces	1.6 ounces

10. **What types of frankfurters are creditable and what is their contribution toward meal pattern requirements?**

Red meat (beef, pork, etc.,) and poultry (turkey, chicken) frankfurters that do not contain meat by-products<sup>1</sup>, variety meats<sup>2</sup>, cereals, binders<sup>3</sup> or extenders<sup>3</sup> are creditable. Frankfurters that meet this standard are credited on an ounce per ounce basis, or one-ounce product provides one ounce cooked lean meat.

Frankfurters containing limited amounts of fortified alternate protein products (APP) are also eligible for ounce per ounce crediting.

## **QUESTIONS ABOUT MEAT/MEAT ALTERNATES (continued)**

**11. Are corndogs creditable?**

Both the frankfurter and the batter/breading may be credited toward meal pattern requirements provided that you have a CN label on file.

**12. Is yogurt creditable in the CACFP?**

Yes, yogurt is creditable as a meat/meat alternate for breakfast, lunch/supper, and snacks for children and adults.

**13. Can frozen or canned products such as ravioli, pizza, meat stew, and sloppy joes be credited in the CACFP?**

Generally no, these products cannot be used unless: (1) they are a CN labeled product; or (2) you have a product analysis sheet stating the amount of cooked lean meat/meat alternate per serving.

**14. Are luncheon meats creditable?**

Yes. Luncheon meats include hot dogs, Frankfurters, bologna, pepperoni, Polish and smoked sausage, summer sausages, liverwurst, and other pressed meats. Luncheon meats must not contain meat by-products, cereals, binders, or extenders to be creditable (see page 22) on an ounce-per-ounce basis or one ounce of product provides one ounce of cooked lean meat. Look for products labeled "All Meat."

**Note:** Luncheon meats are high in salt and fat and shall not be served more than twice per week. The Child and Adult Care Food Program limits the serving of high-fat foods to a total of two per week.

# Fruit/Vegetable Component



Vegetables and fruits are an important source of fiber, iron, minerals, vitamins C and A, and other nutrients. Fresh fruits and vegetables usually have the most nutrients and offer children variety. However, frozen and commercially canned fruits and vegetables are also a good source of nutrients. Serving a variety of fruits and vegetables is encouraged to expose children to new food experiences and provide them with varied nutrients.

Breakfast must contain a serving of a vegetable, a fruit or full-strength 100% juice. Lunch and supper must contain two servings of fruit and/or vegetable from two different sources. Full-strength 100% juice may be served to meet one component at lunch or supper. A snack may contain a fruit, a vegetable or a full-strength 100% juice as one of the two food components served. However, juice may not be served when milk is served as the only other snack component. Two kinds of the same fruit or vegetable may not be used in the same meal (i.e., apple slices and applesauce). Fruit cocktail, mixed vegetables or peas and carrots are considered as only one item.

Home canned products are NOT acceptable due to health and safety reasons. Home frozen products are creditable. Small portions (less than  $\frac{1}{8}$  cup) of vegetables and fruits used for flavoring or garnishes are not to be counted. Combinations of vegetables on items such as sandwiches (example: lettuce, tomato) or pizza (example: mushrooms, green peppers) count only as one vegetable.

Fruit & Vegetable Requirement				
Meal	Ages 1-2	Ages 3-5	Ages 6-12	Adults**
<b>Breakfast</b>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
<b>Lunch and Supper (2 or more fruits and/or vegetables)</b>	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total	$\frac{3}{4}$ cup total	1 cup
<b>Snack</b>	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup

\*\*Meal Pattern for adults participating in the CACFP in an adult day care center.

## Creditable Fruits/Vegetables

Please read the comments section next to the food item. A food item may only be creditable if it meets a certain requirement.

Food	Comments
Apple Cider	Apple cider is a full-strength juice but be pasteurized.
Apple Fritters	Fritters must contain at least $\frac{1}{8}$ cup of cooked fruit per serving to credit toward the fruit component. Keep a <b>recipe</b> on file.
Banana Pudding	Only if there is at least $\frac{1}{8}$ cup banana (fruit) per serving.
Beans - Canned or Dry	Cooked dry or canned beans or peas (kidney, garbanzo, black, etc.) may be credited as a vegetable, but cannot be credited as a meat alternate in the same meal.
Bean Sprouts - Cooked	For safety reasons do not serve raw sprouts.
Cactus (nopales, prickly pear)	
Carbonated Fruit (Fizzy Fruit)	Carbonated fruit resembles canned fruit but it is perishable and must be handled as fresh fruit.
Coleslaw	Only the fruit/vegetable ingredients can be counted toward the fruit/vegetable requirement.
Cranberry Juice Blend	100% cranberry juice (not cranberry juice cocktail) in a blend with another 100% juice is creditable (for example, cranberry juice mixed with apple juice).
Cranberry Sauce or Relish	Sauces with whole or strained berries can be credited.
Dehydrated Vegetables	
Dried Fruit	A minimum portion of $\frac{1}{8}$ cup is required.
French Fried Potatoes	<b>High in fat.</b>
Frozen Fruit/ Fruit Juice Bars - Homemade	Each bar must contain at least $\frac{1}{8}$ cup of fruit and/ or full-strength fruit juice. Keep a <b>recipe</b> on file.
Frozen Fruit/ Fruit Juice Bars - Commercial	Each bar must contain at least $\frac{1}{8}$ cup of fruit and/ or full-strength fruit juice. Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Fruit Cobblers/ Crisps - Homemade	Must contain at least $\frac{1}{8}$ cup of fruit per serving. Keep a <b>recipe</b> on file.
Fruit Cobblers/ Crisps - Commercial	Must contain at least $\frac{1}{8}$ cup of fruit per serving. The amount of fruit per serving must be identified and documented by a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Fruit Juice Concentrates	May only be credited when reconstituted to the full-strength juice.
Fruit Sauces	Must contain at least $\frac{1}{8}$ cup fruit or full-strength fruit or vegetable juice per serving. Keep a <b>recipe</b> on file. <b>High in Sugar</b>
Fruit Sauces - Commercial	Must maintain a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.

	<b>Note:</b> Generally, commercial sauces have insufficient fruit content.
Fruit Snacks (i.e. Bars, Roll-ups, Wrinkles)	Only If the food label or product literature documents at least $\frac{1}{8}$ cup of fruit per serving.  <b>Note:</b> Many of these products do not contain sufficient amounts of fruit per serving.
Gelatin With Fruit/ Fruit Juice and/or Vegetables	Only if each serving contains a minimum of $\frac{1}{8}$ cup fruit, vegetable, or full-strength fruit or vegetable juice.
Green Chiles or Green Chili Sauce	Must contain at least $\frac{1}{8}$ cup green chilies.
Hummus - Commercial	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Hummus - Homemade	Keep a <b>recipe</b> on file.
Jicama	
Juice Blends - All Fruit	Only fruit juice blends that are combinations of full-strength fruit juices may be credited.
Lettuce	Lettuce must be served with another fruit or vegetable to be creditable.
Nectars	Must contain greater than 50% full-strength fruit juice. Only creditable for lunch and snacks. Must maintain a <b>Product Formulation Statement</b> or <b>product label</b> stating the percent of full-strength juice on file.
Olives	Must have at least $\frac{1}{8}$ cup per serving. <b>High in salt.</b>
Pickles	Must have at least $\frac{1}{8}$ cup per serving. <b>High in salt.</b>
Pie Filling: Fruit, Sweet Potato, and Pumpkin	Must be documented with a <b>Product Formulation Statement</b> or <b>recipe</b> that indicates there is at least $\frac{1}{8}$ cup of vegetable/fruit per serving. <b>High in fat. High in sugar.</b>
Pizza Sauce	Pizza sauce may be credited if at least $\frac{1}{8}$ cup (2 Tbsp.) per serving is provided.
Potatoes and Potato Skins	
Potatoes, Dehydrated	
Puddings with Fruit - Homemade	At least $\frac{1}{8}$ cup of fruit per serving must be present. Keep a <b>recipe</b> on file.
Raisins	A minimum portion of $\frac{1}{8}$ cup serving is required. Raisins must be served with another fruit or vegetable at breakfast and snack.
Salsa - Homemade	There must be $\frac{1}{8}$ cup of vegetable/fruit per serving. Keep a <b>recipe</b> on file.
Salsa - Commercial	Commercial salsa with all vegetable/fruit ingredients plus minor amounts of spices or flavorings is creditable.
Sherbet or Sorbets - Commercial	Must be documented with a <b>CN Label</b> .
Sherbet or Sorbets - Homemade	Only the fruit or full-strength fruit juice portion is creditable. Must have at least $\frac{1}{8}$ cup fruit or juice per serving. Keep a

	<b>recipe</b> on file.
Soups - Canned, Condensed, or Ready-To-Serve (minestrone, tomato, tomato with other basic components such as rice and vegetable, and vegetable with basic components such as meat and poultry)	1 cup of reconstituted or ready-to-serve soup will yield $\frac{1}{4}$ cup vegetable.  <b>Caution:</b> Serving enough condensed soup to count as a $\frac{1}{4}$ cup vegetable may result in an excessive volume for young children.
Soups - Homemade	Must contain at least $\frac{1}{8}$ cup vegetable per serving. Keep a <b>recipe</b> on file.
Soup Mixes - Dehydrated	Must contain at least $\frac{1}{8}$ cup vegetable per serving.
Soy Beans, Fresh (Edamame)	
Spaghetti Sauce (tomato sauce)	Spaghetti sauce is credited as tomato sauce if $\frac{1}{8}$ cup per serving is provided.
Vegetable Juice Blends (e.g., V-8 Juice™)	Full-strength vegetable juice and full-strength vegetable/fruit juice blends are creditable toward the vegetable/fruit component.
Yogurt - Commercial (fruit added by provider)	Must contain at least $\frac{1}{8}$ cup added fruit per serving.

## Non-Creditable Fruits/Vegetables

Food	Comments
Ade Drinks	These drinks do not contain sufficient amounts of full-strength juice.
Apple Butter	Condiments are not creditable toward meal pattern requirements.
Banana Bread	This product has less than $\frac{1}{8}$ cup fruit per serving.
Banana Chips	Low vitamin/mineral content.
Barbecue Sauce	Condiments are not creditable toward meal pattern requirements.
Cake with fruit	There is an insufficient amount of fruit present.
Carrot Bread	There is an insufficient amount of vegetable/fruit present.
Catsup or Chili Sauce	Condiments are not creditable toward meal pattern requirements.
Coconut	
Corn Chips	
Corn Syrup	Corn syrup is not a vegetable and is not recommended for children under 1 year of age.
Cranberry Juice Cocktail	Juice cocktails contain an insufficient amount of full-strength juice.
Fig Bars	The amount of figs per serving is insufficient to count toward the vegetable/fruit component.
Frozen Fruit-Flavored Bars	These bars contain insufficient amounts of fruit juice.
Fruit Drinks	Drinks contain less than 50% full-strength juice.
Fruit-Flavored Powders and Syrups	
Fruit-Flavored Punch	
Fruit- Flavored Waters	
Gravy Bases	
Hominy	Hominy is not a vegetable or a fruit item. It falls in the “other foods” group.
Honey	Honey is a sweetener, not a fruit, and is not creditable. For food safety reasons, it should not be served to children less than 1 year of age.
Ice Cream - Fruit Flavors	Ice cream does not contain a sufficient amount of fruit to meet the meal pattern requirements.
Jellies, Jams, and Preserves	Condiments are not creditable toward meal pattern requirements. <b>High in sugar.</b>
Ketchup (Catsup)	Condiments are not creditable toward meal pattern requirements.
Kool-Aid	
Lemonade	
Lemon Pie Filling	Lemon pie filling contains an insufficient amount of fruit per serving. <b>High in sugar.</b>
Mayonnaise, Salad Dressing, Margarine, Salad	Condiments are not creditable toward meal pattern requirements.



Oil, and Butter	
Muffins with fruit	Fruit and vegetable breads contain insufficient amounts of vegetable/fruit for crediting.
Mustard	Condiments are not creditable toward meal pattern requirements.
Pickle Relish	Condiments are not creditable toward meal pattern requirements.
Popsicles® (frozen fruit-flavored ice on a stick)	They do not contain fruit or fruit juice.
Pop Tart/ Toaster Pastry Filling	There is not enough fruit present. <b>High in sugar.</b>
Posole	Posole is another name for hominy and is not creditable toward meal pattern requirements.
Potato Chips	Potato chips are a snack food and are not creditable.
Puddings with fruit - Commercial	Commercial puddings have insufficient fruit per serving and are not creditable.
Pumpkin Bread	This product has less than $\frac{1}{8}$ cup vegetable per serving.
Rice	Rice is not a vegetable.
Soy Nuts	May be credited as a meat alternate only.
Syrup	Condiments are not creditable toward meal pattern requirements.
Yogurt with Fruit - Commercial	Commercial fruit yogurt has less than $\frac{1}{8}$ cup fruit per serving and may not be counted to meet the fruit requirement. <b>High Sugar.</b>
Zucchini Bread (squash)	This product has less than $\frac{1}{8}$ cup vegetable/fruit per serving.

# What's in Season?

Fruits and vegetables are a great source of key nutrients. Although many fruits and vegetables are available year round, buying them in season is the best way to enjoy their flavor and save money. Below is a quick guide to finding fruits and vegetables by season. Encourage your participants to eat a **colorful** variety of fruits and vegetables every day!



## September, October & November

Acorn Squash	Cauliflower	Hearts of Palm	Pineapple
Asian Pear	Chayote Squash	Huckleberries	Pomegranate
Barbados Cherries	Chinese Long Beans	Jalapeno Peppers	Pumpkin
Black Crowberries	Crab Apples	Jerusalem Artichoke	Quince
Black Salsify	Cranberries	Jujube	Radicchio
Belgian Endive	Date Plum	Key Limes	Sapote
Broccoli	Delicata Squash	Kohlrabi	Sharon Fruit
Brussels Sprouts	Diakon Radish	Kumquats	Sugar Apple
Butter Lettuce	Endive	Muscadine Grapes	Sunflower Kernels
Buttercup Squash	Feijoa	Mushrooms	Sweet Dumpling Squash
Butternut Squash	Garlic	Ong Choy Spinach	Sweet Potatoes
Cactus Pear	Ginger	Passion Fruit	Swiss Chard
Cape Gooseberries	Grapes	Pear	Turnips
Cardoon	Guava	Persimmons	



## December, January & February

Belgian Endive	Kiwifruit	Tangerines
Brussels Sprouts	Leeks	Turnips
Buttercup Squash	Mandarin Oranges	
Cactus Pear	Maradol Papaya	
Cardoon	Oranges	
Cherimoya	Passion Fruit	
Chestnuts	Pear	
Clementines	Persimmons	
Collard Greens	Pummelo	
Date Plums	Red Banana	
Dates	Red Currants	
Delicata Squash	Sharon Fruit	
Grapefruit	Sweet Dumpling Squash	
Kale	Sweet Potatoes	



## March, April & May

Apricots	Fennel	Purple Asparagus
Artichokes	Fiddlehead Ferns	Radicchio
Asparagus	Green Beans	Ramps
Barbados Cherries	Honeydew	Red Leaf Lettuce
Belgian Endive	Jackfruit	Rhubarb
Bitter Melon	Limes	Snow Peas
Broccoli	Lychee	Sorrel
Butter Lettuce	Mango	Spinach
Cactus	Manoa Lettuce	Spring Baby Lettuce
Chayote Squash	Morel Mushrooms	Strawberries
Cherimoya	Mustard Greens	Swiss Chard
Collard Greens	Oranges	Vidalia Onions
Corn	Peas	Watercress
Fava Beans	Pineapple	White Asparagus



## June, July & August

Anaheim Chile	Cucumbers	Manoa Lettuce	Winged Beans
Apricots	Durian	Mulberries	Yukon Gold Potatoes
Armenian Cucumber	Eggplant	Nectarines	Zucchini
Asian Pear	Elderberries	Olallieberries	
Barbados Cherries	Endive	Okra	
Beets	French Beans	Ong Choy Spinach	
Bell Peppers	Figs	Passion Fruit	
Black Crowberries	Galia Melon	Peaches	
Black Currants	Garlic	Peas	
Blackberries	Grapefruit	Persian Melon	
Blueberries	Grapes	Plums	
Boysenberries	Green Beans	Radishes	
Breadfruit	Green Soybeans (Edamame)	Raspberries	
Butter Lettuce	Hearts of Palm	Rose Apples	
Cantaloupe	Honeydew Melons	Sapodillas	
Casaba Melon	Jackfruit	Sapote	
Champagne Grapes	Jalapeno Peppers	Shallots	
Chayote Squash	Key Limes	Strawberries	
Cherries	Lima Beans	Sugar Apple	
Cherries, Sour	Limes	Sugar Snap Peas	
Chinese Long Beans	Loganberries	Summer Squash	
Corn	Longan	Tomatillo	
Crenshaw Melon	Loquat	Tomatoes	
Crookneck Squash	Lychee	Watermelon	

Source: <http://www.fruitsandveggiesmorematters.org/>

# QUESTIONS AND ANSWERS ABOUT FRUIT/VEGETABLES

1. **Are foods like coleslaw, potato salad or waldorf salad creditable?**  
The fruit and vegetable ingredients in these items all count toward meeting one fruit/vegetable requirement. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a ¼ cup serving of coleslaw containing non-creditable ingredients would not equal a ¼ cup of fruit/vegetable.
2. **Can fruit cocktail, mixed vegetables or peas and carrots be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?**  
No. These types of items are considered as only one item.
3. **How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?**  
A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce AND/OR pizza sauce combined with a vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN Labeled or the appropriate product analysis is on file. To meet the meal pattern for lunch, another fruit/vegetable component must be provided.
4. **How much tomato paste, tomato puree or tomato sauce should I use to equal ¼ cup vegetable?**  
Tomato Paste, 1 tablespoon = ¼ cup vegetable  
Tomato Puree, 2 tablespoons = ¼ cup vegetable  
Tomato Sauce, 4 tablespoons = ¼ cup vegetable
5. **Are the raisins in rice or bread pudding creditable?**  
Yes. However, the minimum portion for each age group must be provided to be creditable. In most recipes, not enough raisins are used to meet this requirement.
6. **How can I tell if juice is full-strength 100% juice?**  
The label will state "Juice," "Full-strength Juice," "Single-strength Juice," "Reconstituted Juice," "Juice from Concentrate" or "Juice Concentrate." Juice that has the word "cocktail," "beverage" or "drink" on the label is not 100% juice.
7. **Can the fruit or vegetable in pudding or gelatin be counted toward the fruit/vegetable requirement?**  
Yes. However, the minimum portion for each age group must be provided in each serving. Gelatin or pudding alone will not meet the CACFP requirement. Pudding and gelatin are high in sugar. Limit servings to twice per week, snack only.

# QUESTIONS AND ANSWERS ABOUT FRUIT/VEGETABLES

(continued)

8. **Are edible plants such as dandelion greens, burdock and lamb's quarters (pigweed) creditable?**

Yes, they are considered a vegetable.

9. **Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?**

Yes. However, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

10. **How are fruits and vegetables counted in combination dishes such as beef stew?**

Only one component of a fruit/vegetable can be counted in a combination dish. For example, if the beef stew you served contained stew meat, potatoes, carrots and onions; the beef stew would only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served.

11. **Are pickle relish, tomato catsup, banana chips and potato chips creditable?**

No, snack type foods made from vegetables or fruits, such as potato chips, corn curls, banana chips, pickle relish, tomato catsup and chili sauce do not qualify as a vegetable or fruit and may not be credited toward meeting the vegetable/fruit requirement in any meal served under the Child Nutrition Programs.

12. **Is commercial salsa creditable as a vegetable/fruit component?**

Commercial salsa may receive credit toward the vegetable/fruit component if it meets the following criteria:

- The minimum amount that can be used to receive credit is one-eighth cup.
- The first ingredient must be tomatoes, tomato sauce or tomato paste.
- For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement. These salsas may be credited on a volume for volume basis. The USDA commodity salsa fits into this category.
- For products that contain non-vegetable components, like gums, starches or stabilizers, documentation of the percentage of vegetable in the product is required to count the salsa as a vegetable/fruit component. Documentation can be a CN label or a manufacturer's product analysis stating the product's contribution to the meal pattern.

# Grain/Bread Component



Grains/breads products are an important source of iron, thiamin, niacin, riboflavin and often fiber in our diets. Breakfast, lunch and supper must contain a serving of grains/breads in the amount specified for each age group. A snack may contain a grains/breads item as one of the two food components served. Grains/breads must serve the customary function of bread in a meal, that is, as an accompaniment to, or integral part of, the main dish, not as a dessert.

Grains/breads include but are not limited to: cornbread, rolls, bagels, biscuits, cooked or cold dry cereal, pasta, noodle products, or cereal grains. Items high in sugar may not appear on the menu more than twice per week and may only be served at breakfast and snack. Items high in fat may not appear on the menu more than twice per week. Examples of grains/breads higher in fat are: croissants, sopapillas, and chips. Examples of grains/breads higher in sugar are: doughnuts, pop tarts, sweet rolls, cookies, granola bars, cereal bars, and quick breads and muffins (such as banana, pumpkin, zucchini, etc.). For instance, if doughnuts are served at Monday breakfast and oatmeal cookies are served at Thursday snack, then no other sweet items may be served again until the following week.

Grains/breads items can be credited only when they are made from whole-grain or enriched meal flour. Cereals must be whole grain, enriched or fortified. Grains/breads have been divided into eight groups. The items in each group have approximately the same nutrient content, percent solids, and grain content per serving. The minimum serving size is based on the grain content of the product (it does not include fillings, toppings, etc.).

<b>Lunch and Supper Requirement</b>				
(Refer to meal pattern for breakfast and snack)				
<b>Bread/Grain</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Adults**</b>
Bread	½ slice	½ slice	1 slice	2 slices
Corn Bread, Biscuit or Muffin	½ serving	½ serving	1 serving	2 servings
Cold Dry Cereal*	¼ cup	⅓ cup	¾ cup	1 ½ cups
Hot Cooked Cereal	¼ cup	¼ cup	½ cup	1 cup
Pasta, Noodles or Grains	¼ cup	¼ cup	½ cup	1 cup

\*Cold dry cereal not creditable at lunch or supper.

\*\*Meal Pattern for adults participating in the CACFP in an adult day care center.

## Creditable Grains/Breads

Please read the comments section next to the food item. A food item may only be creditable if it meets a certain requirement.

Food	Comments
Bagel Chips	<b>High in fat. High in salt.</b>
Bagels	
Barley	
Biscuits	
Bread	
Breading/Batter	Must have a <b>CN label</b> or <b>Product Formulation Statement</b> signed by an official of the manufacturer.
Bread Pudding	Snack only. Bread pudding must contain a minimum of $\frac{1}{4}$ slice of bread per serving.
Bread Sticks	
Bread Stuffing	Commercial stuffing not creditable if it contains modified starch or other fillers.
Brownies	Only creditable when served at snack. <b>High in sugar.</b>
Cakes or Cupcakes	Only creditable when served at snack. <b>High in sugar.</b>
Cereals	Includes dry and cooked cereals.
Cereal Bars	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Chow Mien Noodles	
Churros	Enriched or whole grain meal or flour must be the primary ingredient by weight in the recipe. Only creditable when served at snack. <b>High in sugar.</b>
Coffee Cake, Cinnamon Rolls, Danish	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Cookies	Only creditable when served at snack. <b>High in sugar.</b>
Cornbread or Hush Puppies	
Couscous	
Crackers (saltine and snack crackers)	
Crepes	
Croissants	<b>High in fat.</b>
Croutons	Croutons made from enriched or whole grain bread are creditable. Croutons must be served as an integral part of the main dish to be creditable for lunch or supper.
Doughnuts	Only creditable when served at breakfast and snack. <b>High in fat. High in sugar.</b>
Dumplings	
Egg roll or Won Ton Wrappers	

Empañada	Serve as integral part of main dish, and as an accompaniment to the main dish as with meat or bean filling.
English Muffin	
French Bread	
Fry Bread	Enriched or whole grain meal or flour must be the primary ingredient by weight in the recipe.
Gingerbread	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Granola Bars	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Grits	Must whole grain or enriched.
Muffins	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Nachos	Nachos made with tortilla pieces or chips made from whole grain and/or enriched meal or flour can be credited. <b>High in fat.</b>
Noodles (wheat)	Must contain enriched or whole-grain flour, meal, bran or germ.
Oatmeal	
Pancakes	
Party Mix	Party mix (mixed cereals) is creditable for snacks only. Only the weight of the cereals is creditable as a grains/breads item. Specify the cereals used in mix.
Pie Crust	Example: quiche crust, hamburger pie crust.
Pita Bread	
Pizza Crust	Pizza crust must meet the general requirement for the grains/breads alternate.
Pop Tarts	Breakfast and snack only, high in sugar. Limit servings to twice per week.
Popovers	
Pretzels - Soft	Must state soft on menus.
Pretzels - Hard	Must be made from whole grain and/or enriched meal or flour and served as a snack only.
Puff Pastry	<b>High in fat.</b>
Quick Breads	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Quinoa	
Rice	
Rice Cakes	Recommend calcium fortified
Rice Pudding	Must be enriched or whole grain.
Scones	
Sopapillas	Only creditable when served at breakfast and snack. <b>High in fat. High in sugar.</b>
Taco Shells	
Toaster Pastries	Only creditable when served at breakfast and snack. <b>High in sugar.</b>



Tortilla Chips	Must be whole grain or enriched. <b>High in fat.</b>
Tortillas	Homemade or purchased, must be whole grain or enriched.
Wafers - Vanilla and Chocolate	Only creditable when served at breakfast and snack. <b>High in sugar.</b>
Waffles	
Zwieback	

## Non-Creditable Grains/Breads

Food	Comments
Bean noodles (cellophane noodles)	
Caramel Corn	
Chips - Potato, Fruit or Vegetable	These are considered “other” foods.
Corn Nuts	
Hominy	Hominy is not made from the whole kernel of corn.
Ice Cream Cones	Serving size not practical.
Masa	Serving size not practical.
Nut or seed meal or flour	
Popcorn	
Potatoes	Potatoes are not grains/breads.
Potato Flour	
Potato Pancakes	Potato pancakes contain only a minimal amount of flour.
Soy Flour	
Tapioca pudding	
Wheat Germ	Not a whole-grain.

# **GRAINS/BREADS FOR THE FOOD BASED PLANNING MENU ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS**

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mien noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	1 serving = 20 gm or 0.7 oz. $\frac{3}{4}$ serving = 15 gm or 0.5 oz. $\frac{1}{2}$ serving = 10 gm or 0.4 oz. $\frac{1}{4}$ serving = 5 gm or 0.2 oz.
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot-dog)</li> <li>• Crackers (graham crackers – all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz. $\frac{3}{4}$ serving = 19 gm or 0.7 oz. $\frac{1}{2}$ serving = 13 gm or 0.5 oz. $\frac{1}{4}$ serving = 6 gm or 0.2 oz.
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies, fruit turnovers, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz. $\frac{3}{4}$ serving = 23 gm or 0.8 oz. $\frac{1}{2}$ serving = 16 gm or 0.6 oz. $\frac{1}{4}$ serving = 8 gm or 0.3 oz.

# **GRAINS/BREADS FOR THE FOOD BASED PLANNING MENU ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS**

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts (cake and yeast raised, unfrosted)</li> <li>• Granola bars (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll (unfrosted)</li> <li>• Toaster pastry (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz. $\frac{3}{4}$ serving = 38 gm or 1.3 oz. $\frac{1}{2}$ serving = 25 gm or 0.9 oz. $\frac{1}{4}$ serving = 13 gm or 0.5 oz.
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars</li> <li>• Granola bars (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Sweet rolls (frosted)</li> <li>• Toaster pastry (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz. $\frac{3}{4}$ serving = 47 gm or 1.7 oz. $\frac{1}{2}$ serving = 31 gm or 1.1 oz. $\frac{1}{4}$ serving = 16 gm or 0.6 oz.
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>• Cake (plain, unfrosted)</li> <li>• Coffee cake</li> </ul>	1 serving = 75 gm or 2.7 oz. $\frac{3}{4}$ serving = 56 gm or 2 oz. $\frac{1}{2}$ serving = 38 gm or 1.3 oz. $\frac{1}{4}$ serving = 19 gm or 0.7 oz.
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>• Brownies (plain)</li> <li>• Cakes (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz. $\frac{3}{4}$ serving = 86 gm or 3 oz. $\frac{1}{2}$ serving = 58 gm or 2 oz. $\frac{1}{4}$ serving = 29 gm or 1 oz.
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)</li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)</li> </ul>	1 serving = $\frac{3}{4}$ cup or 1 oz., whichever is less

## QUESTIONS AND ANSWERS ABOUT GRAINS/BREADS

**1. Are all types of cookies creditable?**

Yes, when made with enriched or whole grain meal or flour. Creditable for snack only. The use of cookies, cake, brownies, and other dessert items (high-sugar items) are limited to a total of no more than two times per week, and no more than once per day.

**2. Are Rice Krispie bars or similar bars made from a cereal product creditable?**

Yes. These “cereal snacks” may be creditable for breakfast and snack only, if the cereal is whole-grain or enriched or fortified, and if the amount of cereal per serving equals the minimum requirement for the age group. Do not serve more than twice a week.

**3. Can nut or seed meal or flour be used to meet the grains/breads requirement for a meal?**

No. Nuts and seeds are not grains and there are no standards of enrichment for these foods.

**4. Can piecrust be credited as a grain/bread?**

Yes. If the crust is being served as an accompaniment to or as an integral part of the main dish (the main dish contains the meat/meat alternate). Also, the heaviest ingredient in a piecrust by weight must be enriched or whole-grain flour or meal. Piecrusts served as part of a dessert are not creditable because bread is not customarily served in a meal as a dessert.

**5. Is a granola bar an acceptable grain/bread?**

Yes. Commercial and homemade granola bars, which meet the general criteria for bread alternates, are creditable for breakfast and snack only. Granola bars are considered a cookie because of their high sugar and fat content; therefore, they cannot be served more than twice a week.

**6. Is granola cereal an acceptable grains/breads?**

Yes. Commercial and homemade granola cereals are acceptable grains/breads products for breakfast and snacks only. However, only the grain portion of the cereal is creditable as a grains/breads. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size.

**7. Is corndog batter/breading creditable?**

The batter/breading is credited like cornbread. A CN label or product analysis must be provided.

**8. Is a *tamale* creditable?**

Only the meat filling inside the tamale would be creditable since masa (the main ingredient that makes up a tamale) is not creditable.

9. **Can crackers be served as a grain/bread?**

Yes. Crackers can be served as a grain/bread for breakfast, lunch, supper or snack. Some crackers are high in fat, sugar or salt and should be avoided. Low sodium brands are encouraged. Some popular crackers have been evaluated to determine serving sizes:

Cracker	Serving Size	
	Ages 1 to 5	Ages 6 and older
Cheese Nips	11	22
Chicken in a Biscuit	5	10
Goldfish Crackers	20	40
Graham Crackers	2 squares	4 squares
Matzo Crackers	½ large	1 large
Meal Mates	3	6
Melba Toast	3	6
Mini Ritz	10	18
Oyster Crackers	12	24
Rice or Rye Cakes	1 ½	3
Ritz Crackers	4	7
Rye Krisp	2	3
Saltines	4 squares	8 squares
Sociables	5	10
Stoned Wheat	4	8
Townhouse Crackers	3	6
Triscuits	4	7
Twigs	4	8
Vegetable Thins	4	8
Wasa Crisp Bread	2/3 large	1 1/3 large
Waverly Wafers/Club Crackers	3	5
Wheat Thins	5	10
Wheatbury	6	12
Wheatsworth Stoneground Wheat	4	8
Zwieback	2	4

Source: Washington Department of Education-Child and Adult Care Food Program

# RECOMMENDED CEREALS

35% or less total sugar by weight

100% Bran	Honey Nut Cheerios
100% Whole Grain Wheat Chex	Kaboom
40% Bran (Post, Kellogg's)	Kashi (any type)
All Bran (Kellogg's)	Kix
All Bran (Fruit & Almonds)	Life (plain, cinnamon, honey graham, vanilla)
Almond Delight	Low-fat granola
Alpen Natural Cereal	Malt-O-Meal
Alpha Bits	Multi-Bran Chex Multi-Grain Chex
Basic 4	Oatmeal, instant (except Raisins & Spice and Cinnamon Roll)
Berry Berry Kix	Oatmeal Crisp (General Mills)
Berry Krispies	Puffed Rice (any brand)
Bran Chex	Puffed Wheat (any brand)
Bran Flakes (Post, Kellogg's)	Quaker 100% Natural
Caramel Nut Crunch (Kellogg's)	Quaker Multi Grain Hot Cereal
Cheerios	Quaker Oat Squares
Clusters	Quaker Oatmeal
Coco Wheats	Quaker Quick Grits
Complete Bran Flakes	Quaker Quick Oats
Corn Chex	Raisin Bran (any brand)
Corn Flakes (any brand)	Raisin Nut Bran
Craklin' Oat Bran	Ralston Whole Wheat Hot Cereal
Cran Vanilla Crunch (Kellogg's)	Rice Chex
Cream of Rice	Rice Krispies, any brand toasted rice cereal
Cream of Wheat	Selects Cereal (Post) Blueberry Morning,
Crispix	Banana Nut Crunch
Dora the Explorer (General Mills)	Shredded Wheat
Farina Hot Cereal	Special K
Frosted Mini Wheats (all flavors)	Spoon Size Shredded Wheat
Fruit & Fiber	Toasted Oats (any brand)
Grape Nuts	Toasty O's
Grape Nuts Flakes	Total
Grape Nuts Trail Mix Crunch	Uncle Sam Cereal
Great Grains (Post)	Weetabix
Honey Bunches of Oats Honey Roasted	Wheat Chex
Honey Bunches of Oats with Almonds	Wheatena
Honey Bunches of Oats with Strawberries	Wheaties
Honey Nut Chex	

This cereal list is not all-inclusive, but contains low-sugar cereals most recommended

# MILK COMPONENT



Milk is an important source of calcium, riboflavin, protein, vitamin A and D and other nutrients. Fluid milk must be served at breakfast, lunch and supper. Additionally, fluid milk may be served as one of the two food components for snack.

“Milk” means pasteurized fluid types of unflavored or flavored milk, such as whole milk, reduced-fat (2%) milk, low-fat (1%) milk, skim milk or cultured buttermilk, which meet state and local standards. Reconstituted dry milk and evaporated milk do not fit the definition of fluid milk and are not creditable.

At breakfast, fluid milk may be served as a beverage or on cereal, or in combination. Both lunch and supper must contain a serving of fluid milk as a beverage. If milk is one of the two components served for snack, it must be fluid milk served as a beverage or on cereal. Milk may not be served for snacks when juice is served as the only other component. Whole milk should be served to children 12 to 23 months of age. Low fat (1%) or skim milk must be served to children 24 months and older.

Infants must be served iron-fortified infant formula or breast milk. If a child is unable to drink milk, and this is not due to a disability, the parent/guardian can request in writing that a non-dairy milk substitution (equivalent to milk-soy milk or Lactaid) be provided for reasons such as: allergies, vegan, religious. No medical statement is needed; however, the written parent/guardian request must identify the medical or other special dietary need that restricts the consumption of cow’s milk.

<b>Milk Requirement</b>				
<b>Meal</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Adults**</b>
<b>Breakfast</b>	½ cup	¾ cup	1 cup	1 cup
<b>Lunch/Supper</b>	½ cup	¾ cup	1 cup	1 cup
<b>Snack</b>	½ cup	½ cup	1 cup	1 cup

\*\*Meal Pattern for adults participating in the CACFP in an adult day care center.



## Creditable Milk

Please read the comments section next to the food item. A food item may only be creditable if it meets a certain requirement.

Food	Comments
Acidified Milk	Fluid milk produced by souring fluid whole milk, low-fat or skim milk with an acidifying agent. Example: <i>Acidophilus Milk</i> .
Buttermilk	
Cultured Milk	Cultured milk is fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency.
Flavored Milks (chocolate, strawberry etc.)	<b>High in sugar.</b>
Fruit Smoothies	Must contain the correct portion of milk and fruit. Commercial smoothies are not creditable.
Goat's Milk	Must be canned milk, pasteurized and fortified. A medical statement must be on file if served as a milk component.
Hot Chocolate/Cocoa	Made with fluid milk only. <b>High in sugar.</b>
Lactose-Reduced Milk	Fluid milk modified by the addition of lactose enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from lactose reduced milk.
Low-fat (1%) Milk	Not recommended for children under 2 years of age.
Milkshakes	Must contain the correct portion of milk. If ice cream is used, it will be a <b>high-sugar</b> item. Commercial shakes are not creditable.
Reduced-fat (2%) Milk	Not recommended for children under 2 years of age.
Skim Milk	Not recommended for children under 2 years of age.
Soy Milk	A medical statement must be on file or a written parental/guardian request must be on file
UHT Milk	Ultra High Temperature Milk.
Whole Milk	Recommended for children 12 – 24 months.

## Non-Creditable Milk

Food	Comments
Butter or Margarine	
Certified Raw Milk	Regulations require the use of pasteurized milk.
Cheese	Does not meet the definition of milk. Cheese can be counted toward the meat/meat alternate.
Cream	Does not meet the definition of milk.
Cream Sauces	Does not meet the definition of milk.
Cream Soups	Does not meet the definition of milk.
Custard	Does not meet the definition of milk.
Eggnog - Commercial	Does not meet the definition of milk.
Evaporated Milk	Does not meet the definition of milk.
Frozen Yogurt	Does not meet the definition of milk.
Half and Half	Does not meet the definition of milk.
Hazelnut Milk	
Ice Cream	Does not meet the definition of milk.
Ice Milk	Does not meet the definition of milk.
Imitation Milk	Does not meet the definition of milk.
Pudding and Pudding Pops	Does not meet the definition of milk.
Reconstituted Dry Milk	Does not meet the definition of milk.
Sherbet/Sorbet	Does not meet the definition of milk.
Sweetened Condensed Milk	Does not meet the definition of milk.
Sour Cream	Does not meet the definition of milk.
Soy Beverages	Does not meet the definition of milk.
Yogurt	Does not meet the definition of milk. May be served as a meat/meat alternate.

# QUESTIONS AND ANSWERS ABOUT MILK

**1. Is milk required at snack?**

No, milk may be one of the two components, but is not required.

**2. Why is reconstituted dry milk not creditable as fluid milk?**

Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Dry milk may be used only when a center or home is unable to obtain a supply of fluid milk on a continuing basis. In such cases, the Arizona Department of Education, Child Nutrition Program Unit may approve service of meals without fluid milk, provided that an equivalent amount of canned whole dry or non-fat milk is used in the preparation of the components of the meal. Prior approval must be obtained.

**3. Can fluid milk be served with juice and be creditable for any meal?**

The combination of serving milk and juice is creditable at breakfast, lunch and supper because it meets both the milk and fruit/vegetable component. The beverage must contain the required amount of each food component. The milk-juice combination may only count as one component at snack, either milk or a fruit/vegetable.

**4. Is a beverage made of milk and solid fruit(s)/vegetable(s) creditable?**

Yes. This type of beverage is creditable as both milk and fruit/vegetable when served for any meal or snack. The beverage must contain the required amounts of each food component.

**5. If a child cannot have milk, can I still be reimbursed for meals?**

Yes. If it is due to a disability, and you obtain a written medical statement from a recognized medical authority stating that the child should not be served milk. The statement must specify a substitute food. If it is for reason such as allergies, vegan or religious, and you obtain a written parental/guardian request, you may substitute for a non-dairy equivalent (soymilk or Lactaid).

**6. Can the milk used in the preparation of products such as puddings, cream sauces and ice cream count toward the milk requirement?**

No. The milk served must be served as a beverage and/or poured over cereal at breakfast or snack.

**7. Can milk be purchased directly from a farm?**

Yes, as long as it is pasteurized fluid milk, which meets state and local health standards. Also, it must include vitamin A and D levels consistent with state and local standards.

**8. Can milkshakes be served to meet the milk requirement?**

Yes. Homemade milkshakes that contain the required amount of fluid milk are creditable. Milkshakes that contain ice cream will be considered high-sugar items. **Commercially bought milkshakes are not creditable because it is impossible to determine the amount of milk.**

# SOY MILK

Soy milk that is nutritionally equivalent to cow's milk is recognized as a creditable milk substitute for children who cannot consume fluid cow's milk due to medical or special dietary needs, other than a disability; for example, lactose intolerance or a vegan diet. No medical statement is necessary but a parent or guardian **must request, in writing, the non-dairy milk substitute. The written request must identify the medical or other special dietary need that restricts the diet of the child.**

Only the following soy milks may be credited as part of reimbursable CACFP meals:

- 8th Continent Soy Milk, Original, Vanilla or Light Chocolate
- Pacific Natural Ultra Soy Milk, Original or Vanilla
- Kikkoman Pearl Organic Soymilk Smart, Creamy Vanilla or Chocolate
- Great Value Soy Milk, Original
- Kirkland Soy Milk, Organic only

## **Questions about non-dairy milk substitutions**

1. **Is a caregiver required to provide a non-dairy milk substitute if it is not related to a medical disability?**

No. It is at the caregiver's discretion to provide a non-dairy milk substitute if it is not related to a medical disability.

2. **Will caregivers receive additional meal reimbursements if they provide a non-dairy milk substitution?**

No. All non-dairy milk substitutions are at the expense of the caregiver and/or the child's parent or guardian.

3. **If a parent or adult participant can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent or adult participant also request that their child or themselves be served whole or reduced-fat (2%) milk?**

No. The Act requires that milk served to children and adults in the CACFP be aligned with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines for Americans recommends that persons over the age of two consume low-fat (1%) or fat-free (skim) milk. Therefore, any request for higher fat milk must be made through a medical statement, related to a medical disability, and prescribed by a licensed physician.

# INFANT FEEDING



The Infant Meal Pattern allows for a gradual introduction of solid foods and encourages breast-feeding or formula feeding up to the first birthday. The first year of life, from birth until the baby's first birthday, is divided into three equal age groups, each consisting of four months. Although the infant meal pattern specifies breakfast, lunch, supper, and snack, this may be inconsistent with a baby's feeding pattern. Meals are specified as a guideline only. Young babies, under 6 months of age, usually will not comply with rigid schedules and may need to eat every 2 to 4 hours. Some older babies also will need to eat more frequently than the specified feedings. Babies should be fed when they are hungry and not restricted to a rigid schedule. The texture and amount of the feeding should be consistent with the age of the infant. For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Foods such as breast milk, strained meat, fruit, vegetables, iron-fortified dry infant cereal and iron-fortified infant formula provide the maximum amount of vitamins and minerals for growing babies.

Baby foods with DHA (docosahexaenoic acid) added are not creditable. DHA is an omega-3 fatty acid that is added to some commercially prepared fruits and vegetables. Some lines of baby food contain DHA derived from egg yolk. These products combine fruits or vegetables with dried egg yolk, heavy cream, rice flour, vanilla extract, and other ingredients. Although these products are not labeled or marketed as desserts, they contain similar ingredients that may not be appropriate for infants younger than 8 months of age. Introducing these ingredients in an infant's diet at an earlier age could result in food sensitivity or a food allergy. DHA-added foods could be served as additional foods for infants 8 months of age or older. However, because of the possibility of allergic reactions, we recommend that the center or provider consult with the infant's parent or guardian before serving.

**Portion Sizes** - There are ranges given for each food portion in the meal pattern to allow for flexibility in how much food is served to the baby based on its appetite. Babies' appetites will vary day-to-day. The amounts listed are the minimum portions you must serve to meet the requirements. Some babies will want more than these amounts. You may serve larger portions and additional foods to those babies. Never force babies to finish what is in the bottle or what is fed by spoon. Let babies determine how much they eat. Babies may want to eat less if they are teething or not feeling well and more if they are going through a growth spurt.

**Formula and Breast milk** - Iron-fortified infant formula is the best food for the baby when the baby is not being breast-fed or when a supplement to breast-feeding is needed.

Commercially prepared iron-fortified infant formula is specially formulated to have the right balance of nutrients and to be easily digested by the baby.

In order for infant meals to be claimed for reimbursement, program rules require that formula is iron-fortified infant formula intended for dietary use as a sole source of food for normal, healthy infants served in liquid state at the manufacturer's recommended dilution. The formula label must state "with iron" or "iron-fortified." Formula labels that say "low-iron" do not meet the meal pattern requirement. Low-iron, other formulas or cow's milk may be served as a dietary substitute only when a note from a medical doctor or other recognized medical authority requiring its use is on file.

Breast milk provided by the infant's mother may be served from birth until the child is weaned from breast milk. Meals containing only breast milk are reimbursable only if the milk has been expressed and the provider is serving the infant. Breast milk is not reimbursable when a mother comes in to nurse, unless the mother is the childcare provider. Meals containing only breast milk qualify for reimbursement for infants through 7 months of age only when the breast milk, provided by the mother, is fed to the infant by child care staff. Meals containing breast milk served to infants in the 8 through 11 month age group may be claimed for reimbursement only if all other required food components are provided by the center and the center serves at least one component. In the child meal pattern, breast milk may be substituted for cow's milk after the first birthday only if the mother has requested. Meals containing only iron-fortified formula supplied by the infant's parent/guardian may be reimbursed for infants through 7 months of age if the parent has refused the facility-provided formula. Meals containing parent-provided formula may be reimbursed for infants 8 through 11 months only if the child care facility provides at least one other meal component as indicated by the Infant Food Chart, and the parent has refused the formula offered by the facility. An Infant Feeding Preference form signed by the parent/guardian must be on file before the meals can be claimed. The childcare facility must offer a formula which meets program requirements and the decision to decline the offered infant formula is made by the parents/guardian. Iron-fortified infant cereal must be provided at the breakfast meal to infants 8 through 11 months of age in order for that meal to be reimbursed.

**Fruit Juice** - Fruit juices containing 100% juice are creditable only at snack from 8 through 11 months. No other juices or juice drinks are creditable. Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. Never prop a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.

**Reminders** - Heating bottles in a microwave oven is not recommended because uneven heat distribution of the formula can occur and burn the infant's mouth. If an infant requires food(s) different than stipulated by the Infant Meal Pattern Food Chart, a medical statement must be on file and a substitute food must be listed on the statement. The caregiver may claim the meal(s) provided this documentation is in place.

# Creditable Infant Foods

Please read the comments section next to the food item. A food item may only be creditable if it meets a certain requirement.

Food	Comments
Bread Crusts	Must meet general criteria for grains/breads. For infants 8 through 11 months of age for snacks only.
Breast Milk	Meals containing only breast milk can be claimed for reimbursement provided the milk has been expressed. Meals are not reimbursable when a mother comes in to nurse, unless the mother is the provider.
Cheese or cottage cheese	
Commercial combination fruits/vegetables	The fruit or vegetable must be listed at the first ingredient.
Crackers	Must meet the general criteria for grains/breads and served for snacks only.
Egg yolk, cooked	Only for infants 8 through 11 months of age.
Fish	Fin-fish <b>except</b> shark, swordfish, king mackerel and tilefish which contain high levels of mercury.
Fruit Juice	100% fruit juices, for snacks only and only for 8 through 11 months of age.
Heinz instant baby food	Dehydrated, single-item foods.
Homemade baby food	Avoid salt, other seasonings, and fat.
Iron-fortified dry infant cereal	
Iron-fortified infant formula (includes soy based)	
Legumes	Dry or canned beans or peas (mashed or pureed to the appropriate texture for an infant).
Single-item baby foods (commercial)	Such as vegetables, fruits, and meats. The vegetable, fruit or meat must be listed as the first ingredient.

## Non-Creditable Infant Foods

Food	Comments
Adult cereal	"Adult" cereal, including oatmeal and farina, are not creditable for infants.
Baby food fruit desserts	Not 100% fruit.
Baby food pudding	
Bacon	
Buttermilk	
Combination dinners (commercial)	Examples: Meat/vegetable dinners, meat dinners, and dehydrated dinners. Prepared combination infant foods have water as the first ingredient and may not be used.
Cream	
Dry milk (reconstituted)	
Egg white	May cause an allergic reaction in children under 12 months old.
Evaporated milk (includes canned goat's milk)	Must have a signed medical statement on file.
Fish sticks, patties or nuggets	
Half and half	
Home canned meats	
Honey	Contains harmful botulism spores.
Hot dogs	<b>High in fat. High in salt.</b>
Infant meat sticks	
Iron-fortified dry infant cereal containing fruit	
Infant snacks and puffs (commercial)	
Jarred "wet" Infant Cereal	
Low fat or Reduced Fat Milk	Should only be served to participants 2 years of age and older. Must have a signed medical statement on file.
Low-iron formulas (includes soy based)	Must have a signed medical statement on file.
Luncheon meat	<b>High in fat. High in salt.</b>
Milupa	
Mixed cereal with fruit (commercial)	
Mocha mix	
Peanut butter, nuts, seeds	May cause choking.
Pedialyte	
Popcorn	
Raw or certified raw milk	
Sausage	
Shellfish	
Skim Milk	Must have a medical statement on file.
Vegetable Juice (or	



fruit/vegetable juice blend)	
Whole Milk	Must have a medical statement on file.
Yogurt	

# INTRODUCING SOLIDS

## Meat/Meat Alternates

Meat and meat alternates are generally introduced by 8 months of age, but some doctors recommend introducing them between 6 and 8 months of age. By 8 months, babies will have already been introduced to cereal, vegetables, and fruits and will be ready for new foods and other sources of iron. **Consult with the parent about which meats and meat alternates are being introduced at home so that you can serve the same food at the same time. It is not necessary to add oil, butter, margarine, lard, cream, salt, or seasonings to these foods.**

Lean meat and poultry are preferable. Examples include: strained or pureed well-cooked lean beef, pork, lamb, veal, chicken, turkey, liver, and boneless fin fish. As the baby's feeding skills mature, meat and poultry can be served ground or finely chopped.

- ⊗ Do not serve fin fish to a baby until the parents have introduced this type of fish to the baby first with no problems. Observe a baby closely when introducing fish because some babies can have allergic reactions to fish. Any fish must be closely examined for bones, and any bones removed, before serving to a baby. Do not feed any shellfish (includes shrimp, lobster, crab, crawfish, scallops, oysters, clams) to babies less than 1 year of age—these types of seafood can cause severe allergic reactions in some babies. Do not feed any of the following fish (which may contain high levels of harmful mercury) to babies or young children: shark, swordfish, king mackerel, or tilefish.
- ⊗ Avoid feeding babies these foods (they are higher in fat, lower in protein): hot dogs, sausage, bacon, bologna, salami, luncheon meats, other cured meats, fried meats, and the fat and skin trimmed from meats.

## Fruits and Vegetables

Babies between 6 and 12 months of age may be served a **soft-cooked** vegetable or fruit as long as the texture of the food is appropriately modified. As a baby's mouth skills progress, gradually increase the thickness and lumpiness of vegetables and fruit. Use cooked, fresh or frozen vegetables or fruits, and progress from pureed to ground to fork mashed and eventually to diced. Or you may purchase commercial baby foods that progress in texture. Ripe bananas do not need cooking but need to be mashed to the proper consistency. Avoid canned or frozen vegetables or fruit that are high in added sugar or salt. Also, do not add salt, sugar, fat, and other seasonings to vegetables and fruits. Remove baby's portion before preparing and seasoning vegetables and fruits for others.

Source: Feeding Infants: A Guide for use in the Child Nutrition Programs (USDA – Team Nutrition)

# INTRODUCING SOLIDS

(Continued)

## Grains and Breads

Bread or crackers may be served at the snack or with meals throughout the course of the day.

Consult with each baby's parent about bread and crackers being introduced at home so that you can serve the same food at the same time. At 8 or 9 months of age, babies enjoy having finger foods so they can practice picking up the foods. Also, at that age a baby's risk of having a reaction to wheat decreases. Examples of foods to serve babies include:

- Strips or small pieces of dry bread or toast or crackers,
- Plain crackers preferably low in salt such as low salt soda crackers (avoid crackers with seeds, nuts, or whole grain kernels),
- Small pieces of soft tortilla or soft pita bread, or
- Teething biscuits.

Source: Feeding Infants: A Guide for use in the Child Nutrition Programs (USDA – Team Nutrition)

# QUESTIONS AND ANSWERS ABOUT FEEDING INFANTS

1. **How can you serve “0” tablespoons of food according to the Infant Meal Pattern Food Chart?**

Certain foods are listed as “0” tablespoons to let you know that the food is optional and should be served at your discretion. Also, you may serve less than 1 tablespoon of those foods.

2. **Does an infant have to eat only at the specified meal times?**

No. The meal pattern states breakfast, lunch, supper and snack, but that is only a guideline. Babies may need to eat every 2 to 4 hours or more frequently than the specified times.

3. **Why are some of the food portions so small?**

The portions listed are the minimum amounts required by the infant feeding regulations. You may serve larger portions to those babies who would like more.

4. **Why is fruit juice not required or creditable at breakfast, lunch and supper?**

The use of fruit juice, in addition to the required amount of formula or milk at each meal, would be too much liquid and could discourage the baby from eating solids.

5. **When parents provide an infant formula that does not meet the FDA requirements for iron-fortified infant formula, is a medical statement required in order for the caregiver to claim the meal for reimbursement?**

Any time an infant is served any formula that does not meet the FDA requirements; a statement from a recognized medical authority must support the substitution.

The type of formula that the parent provides dictates the need for a medical statement. If it meets the FDA requirements for iron-fortified infant formula, then none is required. If the formula provided is any other type of formula, then a medical statement is required.

6. **Can infants less than four months of age be claimed for reimbursement?**

Yes, a meal containing iron-fortified infant formula provided by the parent or provider, or the infant is breast-fed and the breast milk has been expressed or the mother is the provider may be claimed if served by the provider. However, once semi-solid foods are introduced to the infant’s diet, the provider must provide and serve at least one additional food component in order to be reimbursed.

7. **Are low-iron formulas creditable?**

Yes, but only if a signed medical statement from the infant’s physician is on file stating the reason the infant may not have iron-fortified infant formulas and listing the formulas to be substituted.

# QUESTIONS AND ANSWERS ABOUT FEEDING INFANTS

(Continued)

8. **Can infants less than eight months of age be claimed if on whole milk instead of iron-fortified infant formula or breast milk?**

No, unless a medical statement is on file.

9. **Can fortified adult cereals be substituted for the iron-fortified dry infant cereal for older infants (>8 months of age)?**

No, adult cereals do not provide infants with the same kind of easily absorbed iron as the iron-fortified infant cereals do. In addition, adult cereals often contain added sugar or salt. USDA requires iron-fortified infant cereal up to the infant's first birthday to claim the infant's meal for reimbursement. Iron-fortified infant cereal is a requirement at breakfast; however, at lunch and supper, iron-fortified cereal is optional. Note that cereal is iron-fortified on the menu.

10. **Beech Nut has a product called a "dessert" which contains only apples, apple concentrate with water added, cinnamon and Vitamin C. There is no added sugar. Is this product creditable in the CACFP?**

No, the Beech Nut product labeled as a "dessert" is not reimbursable in the CACFP. Commercial baby foods in the dessert category, those generally having "dessert" or "pudding" as part of the product name on the front of the label, which list a fruit as the first ingredient in the ingredient listing are not reimbursable meal components in the CACFP.

11. **Is there a transition period for babies over 12 months to switch from formula to whole milk that does not require a medical statement?**

Yes, there is a 1 month transition time from the date the infant turns 12 months to 13 months, in which formula can still be served without a note from a medical authority. After the age of 13 months a statement from a recognized medical authority must be on file if formula will continue to be served.

# MENU CHECKLIST



Use this checklist as a reminder when planning menus. Remember, menus must meet the Child and Adult Care Food Program Meal Requirements in order to be reimbursed for those meals or snacks.

- ✓ Have you included all components of the meal?
- ✓ Are portion sizes sufficient to provide children the required quantity?
- ✓ Are the combinations of foods pleasing and acceptable to children?
- ✓ Do meals include a good balance of: Color, Texture, Shape and Flavor
- ✓ Do meals balance out over a week's time to follow the US Dietary guidelines?
- ✓ Have you included foods high in vitamin A, vitamin C, and iron?
- ✓ Have you included fiber-rich foods?
- ✓ Have you considered children's cultural and ethnic food practices?
- ✓ Are foods varied from day-to-day, week-to week?
- ✓ Do you prepare foods in different ways?
- ✓ Have you included different kinds or forms of foods (fresh, canned, dried)?
- ✓ Have you included seasonal foods?
- ✓ Do you serve special menus for holidays or theme days?
- ✓ Do you review your cycle menus for seasonal changes?

## **TIPS!**

Serve foods lower in salt, fat, and sugar.

Enhance flavors with spices, herbs or lemon juice instead of with salt or fat.

Try more whole grain products and fruits and vegetables for snack.

Use canned fruit packed in its own juice, light syrup or water, rather than in heavy syrup.

Serve dried fruits such as raisins and prunes occasionally, since they stick to children's teeth and promote tooth decay.

Serve whole grain breads and cereals whenever possible to add fiber.

Avoid serving highly processed foods such as hot dogs and bologna, which are high in fat, salt and sugar.

Bake, broil or steam foods instead of pan-frying or deep-frying them.

Serve lean meats, trim visible fat and drain grease from meat.

Serve foods high in vitamin A, C and Iron frequently.

# THE MECHANICS OF MEAL PLANNING

1. **Usually the meat or vegetarian entrée is planned first to complement other foods. However, a newer “school of thought” is to de-emphasize the meats in our diets. Instead, plan the vegetables and “garnish” with a meat dish.**
  - Balance high cost entrees with low cost vegetables, fruits, grains/breads.
  - Balance low cost entrees with higher cost vegetables, grains/breads (starches) and fruit.
2. **Choose grains/breads, fruits and vegetables to complement the entrée. The foods need to have variety in form and in temperature (i.e., cooked vs. raw).**
  - Size and shape are important. Young children like finger foods. Try round or oval, stick, and cube shapes, quarter-cut sandwiches, fancy cookie cutters, and carrot curls (as time and energy allow).
3. **Color is critical.**
  - Children prefer bright colors (green, orange, yellow, and red are favorites).
  - No one likes a meal that is all one color.
  - Try to use at least two colorful foods at each meal for visual appeal.
4. **Texture needs to be considered too.**
  - Serve a variety of textures at each meal: one soft food, one crispy, one chewy.
  - Dry foods are often difficult for children to eat.
  - Gravies and sauces help make dry or tough foods, such as some meats, easier to eat. Use low-fat varieties to add flavor.
5. **Flavor is essential.**
  - Children generally prefer mild and sweet flavors.
6. **Familiarity is important: children prefer familiar foods. Introduce new foods in small amounts, possibly as “extra” additions to a meal.**
7. **Remember to coordinate snacks with the overall meal to avoid repetition of foods.**
  - School age children enjoy a set time period for self-service snacks. It is more family-like, and helps ease the transition from school to after-school care.

Adapted from: Missouri Department of Health

# ENCOURAGE POSITIVE ATTITUDES TOWARD FOOD

- **Have a positive attitude toward foods and the mealtime experience.** Remember, a negative attitude expressed by adults and children may influence other children not to try that food.
- When introducing new foods to children, **serve a small amount of the new food** along with more popular and familiar foods.
- **Include children** in food activities to encourage children to try new foods and also to gain self-confidence.
- **Serve finger foods** such as meat or cheese cubes, vegetable sticks or fruit chunks. Foods cut smaller are easier for children to handle.
- **Do not force a child to eat.** Children often go through food jags. It is normal for a child to ask for second helpings of food one day yet eat very lightly the next day.
- **Provide a comfortable atmosphere** at mealtime. Mealtime is also a social activity. Therefore, allow children to talk with others.
- **Encourage children to eat food or new foods in a low-key way.** For instance, read a book about a new food that will be served that day, and serve the new food at snack when children are hungrier.
- **Offer new foods to children five or six times instead of only once or twice.** The more exposure children have to a food, the more familiar and comfortable it becomes and the more likely they will be to try the food.
- **Offer the new food first to a child who eats most foods.** Children will usually follow other children and try the food.
- **Encourage adult staff or providers to eat with the children.** Eat the same foods that have been prepared for the children.
- **Do not offer bribes or rewards for eating foods.** This only reinforces that certain foods are not desirable.



# REMEMBER FOOD SAFETY

**Clean. Separate. Cook. Chill.**



**Clean.** Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.



**Separate.** Cross-contamination is how bacteria spread. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food.



**Cook.** Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.



**Chill.** Bacteria spreads fastest at temperatures between 40 °F - 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

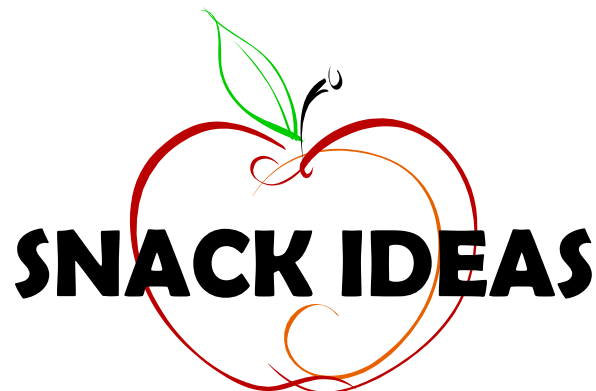
**Source:** USDA and the Partnership for Food Safety Education



# BREAKFAST IDEAS

Components	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit/Vegetable	Baked Apples	Shredded Wheat Cereal	Pears	Mandarin Oranges	Honeydew Melon
Grain	Whole Wheat Toast	Blueberries	Raisin Toast	Oatmeal	Corn Bread Muffin
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
Meat/Meat Alternate					Turkey Bacon (CN)
		<b>Breakfast Quesadilla</b>			
Fruit/Vegetable	Raspberries	Cantaloupe	Blackberries	Grapefruit	Applesauce
Grain	Cream of Wheat	Tortilla	Bagel w/ cream cheese	Waffle w/ syrup	Pancakes
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
Meat/Meat Alternate		Scrambled Eggs & Cheese			
	<b>Breakfast Sandwich</b>				
Fruit/Vegetable	Plums	Pears	Cantaloupe	Pineapple	Nectarines
Grain	English Muffin	Whole Wheat Toast	Life Cereal	French Toast	Oatmeal
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
Meat/Meat Alternate	Ham & Cheese	Peanut Butter			
				<b>Breakfast Burrito</b>	
Fruit/Vegetable	Grapes	Kiwi Slices	Peaches	(HM) Salsa	Oranges
Grain	Biscuit w/gravy	Wheaties	Mini Bagel	Tortilla	Brown Rice
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
Meat/Meat Alternate			Peanut Butter	Scrambled Eggs & Cheese	Sausage
Fruit/Vegetable	Raisins & Cranberries	Banana	Strawberries	Orange Slices	Blueberry Muffin
Grain	Cheerios	Waffle w/ warm blueberries	Wheat Toast w/ cinnamon	Malt-o-Meal	Banana
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%

**Sources:** National Food Service Management Institute, Connecticut State Department of Education and the Wisconsin Department of Public Instruction



# SNACK IDEAS

Monday	Tuesday	Wednesday	Thursday	Friday
Hummus	Banana Split (split in the middle and filled with chopped strawberries)	Baked Tortilla Chips	Fruit Salad	Wheat Thins
Pita Bread Triangles	Yogurt	(HM) Salsa	Cheddar Cheese Cubes	Avocado Spread
Water	Water	Water	Water	Water
Cucumber Slices w/ low fat dressing	Tomato Soup	Blueberry Bran Muffin	Peaches	Tortilla
Whole Grain Roll	Wheat Macaroni Noodles	Orange Slices	Ritz Crackers	Low-fat Refried Beans
Water	Water	Water	Water	Water
Banana w/ peanut butter	Cottage Cheese	Baked Sweet Potato Slices (topped with brown sugar and cinnamon)	Low-Fat Yogurt	Cinnamon Applesauce w/raisins
Granola	Strawberries	Milk	Blueberries	Soft Pretzel
Water	Water		Water	Water
Baked Tortilla Chips	Kiwi Slices	Apple Slices	String Cheese	Bread Sticks
Melted Cheese w/ Tomato	Animal Crackers	Peanut Butter	Carrots w/ fat-free dressing	Marinara Sauce
Water	Water	Water	Water	Water
Low-Fat Yogurt	Graham Crackers	Mozzarella Cheese Cubes	Apple Sauce w/ dried cranberries	Mini Rice Cakes
Mango	Almond Butter	Diced Cherry Tomatoes	Granola Bar	Cantaloupe
Water	Water	Water	Water	Water



# LUNCH & SUPPER IDEAS

Components	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Grilled Cheese Sandwiches</b>				
Meat/Meat Alternate	Cheese	Baked Chicken	Baked Parmesan Chicken	Slow Cooked Roast	Chicken Salad
Fruit/Vegetable	Tomato Soup	Strawberries	Green Beans	Mashed Potatoes	Celery Sticks
Fruit/Vegetable	Mixed Fruit	Peas	Marinara Sauce	Pears	Grapes
Grain	Whole Wheat Bread	Brown Rice	Wheat Spaghetti	Whole Wheat Bun	Whole Gran Roll
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
		<b>(HM) Mac' n Cheese</b>	<b>Meatball Subs</b>	<b>Tacos</b>	
Meat/Meat Alternate	Baked Fish Fillet	Cheese	Meatballs	Ground Turkey	Split Pea Soup
Fruit/Vegetable	Baked Sweet Potatoes	Broccoli	(HM) Baked French Fries	Pinto Beans	Banana
Fruit/Vegetable	Melon	Fruit Cocktail	Nectarines	Pineapple	Carrots
Grain	Whole Wheat Bread	Macaroni Noodles	Sandwich Roll	Soft Shell Tortilla	Wheat thins
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
	<b>Tostadas</b>	<b>Cheese Quesadillas</b>	<b>Spaghetti</b>		
Meat/Meat Alternate	Black Beans	Cheese	Ground Beef	Baked Turkey Breast	(HM) Chicken Tenders
Fruit/Vegetable	Corn	(HM) Salsa	Tomato Sauce	Peaches	Mandarin Oranges
Fruit/Vegetable	Grapes	Mixed Fruit	Green Beans	Steamed Broccoli	Raspberries
Grain	Crunchy Tostada Shell	Wheat Tortilla	Noodles	Wheat Roll	Corn Bread Muffin
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
	<b>Sloppy Joes</b>		<b>Sandwich Melt</b>		<b>Tortilla Wrap</b>
Meat/Meat Alternate	Ground Beef	Bean & Veggie Chili	Ham & Cheese	Roast Beef	Turkey & Cheese
Fruit/Vegetable	(HM) Baked Potato Wedges	Oranges	Carrot Sticks	Nectarines	Grapes
Fruit/Vegetable	Melon Slices	Celery Sticks	Peaches	Steamed Cauliflower	Cucumber w/ ranch
Grain	Hamburger Bun	Saltine Crackers	Wheat Bread	Brown Rice	Tortilla
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%
	<b>BBQ Sandwich</b>		<b>Stir-Fry</b>		<b>Burritos</b>
Meat/Meat Alternate	Beef Chunks	(HM) Chicken Soup	Chicken	Tuna Salad & Cheese	Beans & Cheese
Fruit/Vegetable	Asparagus	Baked Red Potatoes	Cucumber Slices	Carrots	Corn
Fruit/Vegetable	Cantaloupe	Blackberries	Strawberries	Apple Slices	Plums
Grain	Wheat Bun	Pasta Noodles	Noodles	Whole Wheat Bread	Tortilla
Milk	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%	Whole or 1%

# VITAMINS A & C

It's important to serve foods high in Vitamin A at least twice a week and foods high in Vitamin C daily. Vitamin A supports healthy vision as well as cell growth and reproduction. Vitamin C helps heal wounds and repair and maintain bones and teeth. Below is a list of foods rich in Vitamin A and C

## Vitamin A



Vegetables		Fruits	
Asparagus	Pumpkin	Apricots	Peaches (not canned)
Broccoli	Spinach	Avocado	Plums, purple (canned)
Cabbage	Squash, winter	Cantaloupe	Prunes
Carrots	Sweet Potatoes	Cherries, red sour	
Chili peppers, red	Tomatoes	Mandarin oranges	
Kale	Tomato Juice, Paste or Puree	Mangos	
Mixed Vegetables	Turnip Greens	Melons	
Peas and Carrots	Vegetable Juice	Nectarines	
Other			
Egg yolk			
Liver			
Whole Milk and its products			

## Vitamin C



Vegetables		Fruits	
Asparagus	Okra	Apricots	Oranges
Avocado	Peppers, sweet	Blackberries	Orange Juice
Broccoli	Potatoes, white	Blueberries	Peaches
Brussels Sprouts	Spinach	Banana	Pineapple
Cabbage	Sweet Potatoes	Cantaloupe/Honeydew	Raspberries
Cauliflower	Tomatoes	Grapes	Strawberries
Chili Peppers	Tomato Juice, Paste or Puree	Grapefruit	Tangerines
Collards	Turnip Greens	Grapefruit Juice	Watermelon
Kale	Turnips	Nectarines	

# IRON RICH FOODS

Serving iron rich foods as often as possible is a best practice. Iron provides oxygen to the body's cells and helps with muscle function and brain development. Below is a list of foods high in iron.

## Iron

Vegetables	Fruits	Grains/Breads
Bean Sprouts Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens Dried Beans, Peas, Legumes Parsnips Peas, green Potatoes (baked) Squash, winter Sweet Potatoes Tomato Juice, Paste, Puree Sauce Tomatoes (canned) Vegetable Juice (canned)	Apricots Dried fruits: apples, apricots, dates, figs, peaches, prunes, raisins	All enriched, whole grain, or fortified Grains/Breads

## Meat/Meat Alternates

Dried Beans, Peas, Legumes  
 Eggs  
 Meat in general, especially liver and other organ meats  
 Peanut Butter  
 Shellfish  
 Turkey  
 Tuna

# COMBINATION FOODS

Definition: “**Combination food**” means any single serving of food that contains two or more of the required meal components.

Definition: “**Entrée or main dish**” means the main course of a meal. The main course may be a combination of foods that contains a meat/meat alternate as one of the components.

**Requirements** for meals:

- I. Combination foods served as an entrée or main dish may be credited as the meat/meat alternate plus a maximum of two of the required meal components if amounts of each are sufficient to meet meal pattern requirements.

Examples:

**Beef Stew** with beef, carrots, potatoes, and onions; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)

**Chef Salad** with egg, turkey, cheese, lettuce, tomatoes, celery, and cucumber; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)

**Spaghetti** with ground beef and tomato sauce; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

**Sloppy Joes** (ground beef and tomato sauce on a bun); credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

**Homemade Pizza**; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

**Grilled Cheese Sandwich**; credit as:

1. Meat/meat alternate component
2. Grains/Breads component

- II. Combination foods in dishes served as an accompaniment to the entrée or main dish may be credited for one of the two required meal components if the amount is sufficient to meet meal pattern requirements.

# COMBINATION FOODS

(Continued)

Examples:

**Carrots and Peas** with cooked peas and carrots; credit as:

1. One fruit/vegetable component

**Green Salad** with lettuce, tomato, sometimes served on sandwiches or in tacos, credit as:

1. One fruit/vegetable component

- III. Some combination foods may be credited for two of the required meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

**Fresh fruit salad** with peaches, melons, and bananas served for lunch or supper; credit as:

1. Fruit/vegetable component
2. Fruit/vegetable component

- IV. Combination foods in beverage form made from milk and solid fruits or vegetables may be credited as meeting the following meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

**Banana Cow** with banana and milk; credit as:

1. Milk component
2. Fruit/vegetable component (can count as only 1 component)



## MISCELLANEOUS QUESTIONS

1. **Can foods brought in by the parents be used to fulfill meal pattern requirements?**

No, the participating CACFP institution or provider must provide all the required meal components in order to claim the meal for reimbursement. Foods provided by parents must be considered “extras.” Foods that are not creditable (i.e., cupcakes, candy) should be served only after the meal.

2. **Can foods donated to the center be used to fulfill meal pattern requirements? For example, a case of apples donated by a fruit company.**

Yes, if available to all children. Include in the food receipts that it was received as a donation.

3. **Are picnics or cold meals acceptable?**

Yes, as long as they meet the meal pattern requirements.

4. **Are foods from fast food restaurants creditable?**

No, the institution or contracted food vendor must provide all required meal components.

5. **Can vegetarian meals be claimed for CACFP reimbursement?**

Yes, however, the meals must still meet the meal pattern requirement. Meat alternates that can be credited toward meeting the CACFP meat requirement include cheese (natural, processed, cheese foods, and cheese spreads), cottage cheese, and ricotta cheese; yogurt, eggs, cooked dry beans, and peas; peanut butter; nuts and seeds; nut or seed butters; or any combination of the above. Meat binders and extenders and 100 percent vegetable protein products are not creditable in the CACFP except under certain conditions.

6. **Can home dried and home canned foods be served in the childcare centers?**

USDA guidance has advised against the use of home canned foods in a group-feeding situation; i.e., childcare centers. If they are served in a family childcare home, there is the risk the childcare home provider assumes that the canned item was prepared correctly and is safe (free of harmful organisms). Home canned and frozen fruits may be allowed. Childcare home providers should check first with their sponsoring organization.

# DOCUMENTING CONVENIENCE FOODS

When commercial products are used in Child Nutrition Programs to meet the meal pattern requirement, sponsors must determine these products' contribution. Child Nutrition labels and product analysis sheets provide valuable information. Manufacturers also have advertising literature available. Each of these provides product information but is different from each other.

## **Advertising Literature**

Advertising Literature is information provided by the company which may contain valuable information about one or more of the company's products but it may not be used to support the contribution that a production makes toward the meal patterns.

## **Child Nutrition (CN) Label**

A CN label is a product label found on meat, poultry, seafood, meat alternate and juice products, which contains a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. A CN labeled product provides a warranty against audit claims, if used according to the manufacturer's directions, for noncompliance with the meal pattern requirement. This warranty applies to the CN labeled product portion, not the entire meal.

### **A CN label will always contain the following information:**

- the CN logo, which is a distinct border
- the meal pattern contribution statement
- a six-digit product identification number
- USDA/FNS authorization
- the month and year of approval

### **A CN label statement does not do the following:**

- Assure that a product is "good for children"
- Assure that a product is "acceptable" to children
- Suggest that products without CN statements are inferior

# DOCUMENTING CONVENIENCE FOODS

(Continued)

## Product Analysis Sheet

A product analysis sheet is written by the manufacturer and contains a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. This statement is based on formulation and/or laboratory testing and is signed by a high-ranking official in the company. Product analysis sheets carry no USDA warranty nor do Nutrition and Technical Services Division review it.

In order to determine a product's contribution toward the meal pattern, the following information should be included:

- Weight of raw portion
- Percent of raw meat or poultry
- Percent of fat of raw meat
- Percent dry vegetable protein products (VPP) if product contains VPP
- Percent protein of the vegetable protein product (on an as purchased basis)
- Certification that the vegetable protein product used meets USDA-FNS requirements.

Sponsors may verify the accuracy of the information on a product analysis sheet by having the product tested at an independent laboratory.

## COMPARISON CHART

	<b>CHILD NUTRITION LABELS</b>	<b>PRODUCT ANALYSIS SHEETS</b>
<b>DESCRIPTION</b>	Product label which contains a statement that clearly identifies the meal pattern contribution of the product.	Document that contains a statement that clearly identifies the meal pattern contribution of the product (must be signed by a high ranking company official).
<b>STANDARD INFORMATION REQUIRED</b>	Yes	No
<b>REVIEWED AND MONITORED BY USDA</b>	Yes	No
<b>PROVIDES A USDA WARRANTY</b>	Yes	No
<b>PRODUCT IDENTIFICATION NUMBERS</b>	Each CN labeled product is assigned its own distinct 6-digit identification number.	The product must be identifiable by name, code number, weight, ingredient listing, etc.
<b>ACCEPTED AT EVALUATION</b>	Yes	Yes

# PRODUCT FORMULATION STATEMENT

PRODUCT NAME: Chicken Nuggets XXXX

PRODUCT CODE: 00000

PACK: 12 - 4 LB. BAGS

NET WT.: 48 LBS.

VARIETY (IES) OF MEAT USED IN PRODUCT:  
CHICKEN BREAST INCLUDING RIB MEAT AND THIGH MEAT

TOTAL WEIGHT OF UNCOOKED PRODUCT: .72 OZ.

WEIGHT OF RAW MEAT: .44437 OZ.

PERCENT FAT OF RAW MEAT: 8-20%

WEIGHT OF DRY VPP: N/A

WEIGHT OF HYDRATED VPP: N/A

WEIGHT OF RAW MEAT AND HYDRATED VPP: N/A

PERCENT VPP  
(ON A FULLY HYDRATED BASIS REPLACING RAW MEAT): N/A

WEIGHT OF DRY WHOLE EGG: N/A

WEIGHT OF OTHER MEAT PORTION INGREDIENTS: .06643 OZ.

WEIGHT OF BREADING (IF USED): .209 OZ.

TOTAL WEIGHT OF READY TO COOK PRODUCT: .72 OZ.

I CERTIFY THAT TO THE BEST OF MY KNOWLEDGE, THE ABOVE INFORMATION IS TRUE AND CORRECT  
AND THAT THE ABOVE MEAT PRODUCT (ONE NUGGET, READY FOR COOKING), CONTAINS .31 OUNCES OF  
COOKED LEAN MEAT/MEAT ALTERNATE WHEN PREPARED ACCORDING TO DIRECTIONS.

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COMPANY OFFICIAL'S SIGNATURE

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TITLE

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COMPANY

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DATE

# SAMPLE CN LABEL

A CN label will always contain the following information:

- CN logo (a distinct border)
- Meal pattern contribution statement
- 6 digit product identification number
- USDA/FNS authorization statement
- Month and year of approval

	CN	
		000000
CN	<div>This 5.00 oz.-Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable and 1½ servings of bread alternate for the Child Nutrition Meal Pattern Requirement. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-84.)</div>	CN
	CN	

# INFORMATION RESOURCES

Arizona Department of Education  
[www.ade.gov/health-safety/cnp/cacfp](http://www.ade.gov/health-safety/cnp/cacfp) or (609) 542-8700

Arizona Nutrition Network  
[www.eatwellbewell.org](http://www.eatwellbewell.org)

Building for the Future: Nutrition Guidance for the Child Nutrition Program  
[www.nfsmi.org](http://www.nfsmi.org) or (800) 321-3054

CACFP National Professional Association  
[www.cacfp.com](http://www.cacfp.com)

CACFP Sponsor's Association  
[www.cacfp.org](http://www.cacfp.org)

Center for Disease Control and Prevention (CDC)  
[www.cdc.gov](http://www.cdc.gov) or (800) 311-3454

Center for Nutrition Policy and Promotion  
[www.cnpp.usda.gov](http://www.cnpp.usda.gov) or (703) 605-4266

Fight BAC! Keep Foods Safe From Bacteria  
[www.fightbac.org](http://www.fightbac.org)

Food and Drug Administration (FDA)  
[www.fda.gov](http://www.fda.gov) or (888) 463-6332

Food and Nutrition Information Center  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic) or (301) 504-5719

Foodsafety.gov  
[www.foodsafety.gov](http://www.foodsafety.gov)

National Association for the Education of Young Children  
[www.naeyc.org](http://www.naeyc.org) or (800) 424-2460

# INFORMATION RESOURCES

National Dairy Counsel  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) or (800) 426-8271

National Meat Association  
(510) 763-1533

National Nutritional Foods Association  
(949) 622-6272

Nursing Mothers Counsel, Inc  
(650) 599-3669

Nutrition.gov  
[www.nutrition.gov](http://www.nutrition.gov)

United Fresh Fruit and Vegetable Association  
[www.uniteduffva.org](http://www.uniteduffva.org)

United States Department of Agriculture  
Food and Nutrition Services  
[www.fns.usda.gov/fnic](http://www.fns.usda.gov/fnic) or (301) 305-2590